



European
City of Science
Leiden2022



Universiteit
Leiden



**IMPULS &
WOORTBLIND**

Save this date

Saturday 15 October 2022

The power of ADHD

@UNIVERSITY of Leiden

ADHD-Awareness Month October

Leiden European City of Science 2022

We all know very well the burden ADHD can be. This day we focus on the possible qualities of ADHD.

At this event we discuss whether ADHD has certain powers that may contribute to society. How about innovation and creativity? Can, the positive sides that many experience, be proven? Does medication help to use these qualities? Can medication frustrate creativity? How can employers profit from employees with ADHD? What's the best advice to overcome 'self-medication' and to liberate your strengths to make them flourish?

Leiden University, Impuls & Woortblind, ADHD-Europe and Leiden European City of Science 2022 welcome you to actively participate in this day of 'citizens science' in a practical and vivid way. You will learn how to maintain the balance between the advantages and disadvantages of ADHD and use this in your daily life and work.

Registration will be open from August 20, 2022

Leiden 15 oktober 2022
The Power of ADHD

ADHD@Work
ADHD in women
Positive qualities of ADHD
Creativity versus medication
News Bulletin: scientific discoveries
The power to overcome addiction
+ SPEEDCOACHING

**IMPULS &
WOORTBLIND**

**ADHD
Europe**

09.30	Registration and coffee/tea
	Host-of-the-day: Roosmarijn van de Velde Chief New European Bauhaus at Leiden European City of Science 2022
10.00	Opening by Jacques Verraes LL.M. of the European Commission Directorate-General for Research and Innovation Only humans can imagine the future
10.20	Prof. Sandra Kooij & Bethan Burnside PhD The power of cooperation between living experience and clinical expertise for women with ADHD
11.00	Young people with ADHD interviewed by Prof. Robert Vermeiren, University Leiden Creativity versus medication? Cooperation between you and your doctor
11.30	Speed-coaching
- 13.15	Participants can book a 15 minutes talk with a coach, psychiatrist, psychologist or company doctor [see registration form]
11.30	Break for speed-coaching and lunch
- 13.15	<ul style="list-style-type: none"> - Have your personal speed-coaching session with one of the professionals - Arrange your own lunch in the restaurant or outside
13.15	Lessa Schippers, MSc., research assistant, and Martine Hoogman PhD, ass. prof. Qualities of ADHD, the positive sides Imagine being a researcher: What do you think are qualities of ADHD and how do we prove it?
14.00	Interactive Talk-show about two questions: Employer: Can I profit from ADHD-strengths? Employee: Do I tell my employer? Marianne Schulpen, company doctor, AkzoNobel Guus Lustig, company doctor i.o., University Leiden Berend Ruben, HR-advisor, DSW Dutch Health Care Insurance Company Nicholas Cointepas, Innovation Consultant, VC investor, ADHD Hans van de Velde, coach for employees, host of the talk-show
15.00 -15.30	Speed-coaching
15.00 -15.30	Break with coffee/tea
15.30	Scientific News Bulletin Jeanette Mostert, science communication expert presents the latest news on: How to prevent the ADHD burden to overrule your powers? With scientists from all over Europe coming to this virtual newsroom New discoveries on ADHD and lifestyle, food, diabetes, obesity, heart, inflammation
16.15- 17.00	The Power of Overcoming Addiction How to deal with drugs <i>Interviews with ex-addicts with ADHD sharing their story</i> Advice for peers, family as well as policy makers