



things

dyslexics may struggle
with in the workplace
and 5 ways to
overcome them

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5 things dyslexics may struggle with in the workplace:

- 1 Information overload, especially via email. Reading information takes longer for dyslexics and can be overwhelming.
- 2 Competing or unclear priorities when multiple tasks are assigned. Lack of clarity can cause confusion and anxiety.
- 3 Long and complicated meetings, being asked to write on a flip chart or read aloud puts our challenges centre stage.
- 4 Too much information in written form – not enough visual presentation of information which is accessible to all.
- 5 Tiredness or anxiety due to the effort of working at high pace in an environment that focuses on challenges not strengths.



5 ways to overcome struggles in the workplace

- 1** Be upfront with colleagues and managers. Explain your dyslexic strengths and challenges, for greater understanding.
- 2** Use assistive technology, like speech to text and text to speech programmes, mind-mapping and organisational tools.
- 3** Ask for reasonable adjustments in workplace assessments, like extra time and different ways to show skills.
- 4** Find methods of organisation that work for you and make use of technology like digital reminders and invites.
- 5** Have a supportive team around you with different strengths, knowing that a dyslexic mind is an asset to any team.

Find out more...

Join The Dots

Learn how to empower Dyslexic Thinkers in your workplace by reading Join The Dots on our website:

Get the definitive guide

read THIS is Dyslexia, written by our founder, Kate Griggs to find out why Dyslexic Thinking is vital in the 21st century.

Download the toolkit

Find simple steps to share you (or your team member) are Made By Dyslexia in your workplace.

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