

## Jon Krop Provides Tips for Thriving at Work with ADHD

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To acknowledge National Employment Disability Awareness Month and to support our attorneys and staff who have ADHD, Winston welcomed Jon Krop, founder and CEO of Flourish Legal, to the firm. A former attorney and law clerk on the U.S. Court of Appeals for the Ninth Circuit, Jon is a well-being expert and advocate for people with ADHD.

Jon provided simple, evidence-based strategies and external supports for overcoming the ways ADHD brains often struggle. His tips are designed to help people with ADHD increase productivity and peace of mind. He also guided participants through a simple breathing exercise to help calm the brain and set it up for success.

This program was hosted by Winston Wellness and co-sponsored by Winston's DiverseAbility affinity group.

1 Min Read

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