

*Still*

# LIVING WITH AD(H)D IN INFOSEC



**Who am I?**







**I was fired twice in the last two years...**

**Best thing ever!**

**Why?**

**Let me start from the beginning...**



# I have ADHD.. and it's ok

- Was diagnosed 4 years ago, aged 45
- That explained a lot to me..
- Increasingly harder to find a job I cared about
- Many short employments
- Something had to change





# ADHD 101





# ADHD? ADD?

- AD/HD
- *Attention Deficit /*
- *Hyperactivity Disorder*
- Can have both or just one
- Attention Deficit alone = ADD







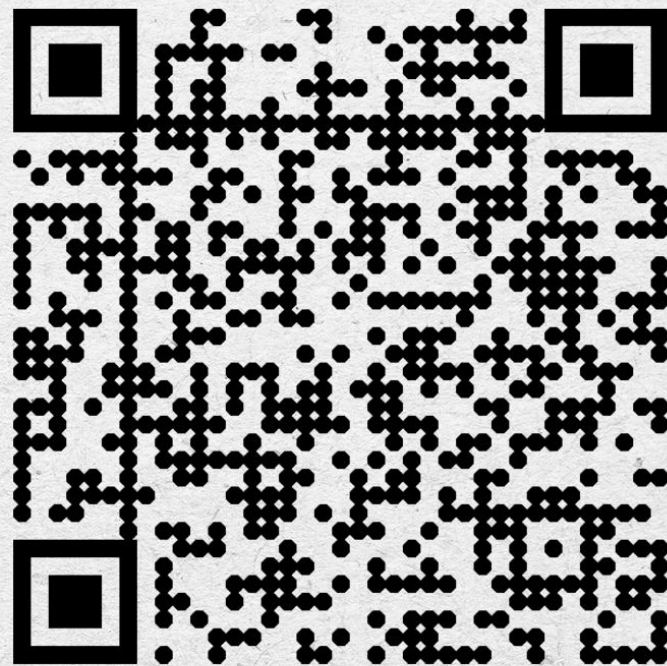
# The ADHD iceberg

**@finuccinalfredo**

[illegible]



**How about**



**yourself?**



DON'T LET  
**ADHD CONTROL**  
**YOUR LIFE**





# Mitigating

- Medicine
  - Elvanse, Vyvanse, Aduvanz (same thing)
- Nootropics
  - L-Theanine, L-Tyrosine + multi vitamin
- Headphones with 'ADHD focus music' or 1 beats
- Loop earplugs (model 'switch')





# Mitigating (cont'd)

- Airtag all the things!
- Breathing exercises
  - Art of Living
- Job situation





# Why getting fired was a good thing

Working towards what I am good at and requires:

- Diversity in tasks
- Only accept tasks I want
- Flexibility in working (when, how)
- Need for things to be simpler to be motivating

Conclusion:

**I'm going freelance!**





# Lessons learned





# Lessons learned

- No problem? Don't try to fix it then!
- ADHD is 'normal' to have. Nothing to be ashamed about
- Find your weaknesses/super powers.
- Mitigate weaknesses - enhance super powers





# THE ADHD STRENGTHS ICEBERG

WHAT PEOPLE  
THINK ADHDERS  
ARE GOOD AT:

talking  
fast

creativity

WHAT ADHDERS  
ARE ACTUALLY  
GOOD AT:

literally anything  
they find  
interesting

problem  
solving

working  
under  
pressure

learning

empathy

brainstorming

getting a lot  
done in a short  
amount of time

changing  
the world

crisis  
situations

risk-taking

forgiveness

competitive  
challenges

optimism

unique  
intuition

entrepreneurship

mastering  
new hobbies

creating  
something  
beautiful

tackling new  
challenges

sense of  
humor

authenticity

imagination

hyperfocus

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# Talking about Super powers



# Lessons learned (cont'd)

- When people know they can better understand; spouse, friends, employer.
- If you've met one person with ADHD..
- This is my ADHD. Not anyone else's







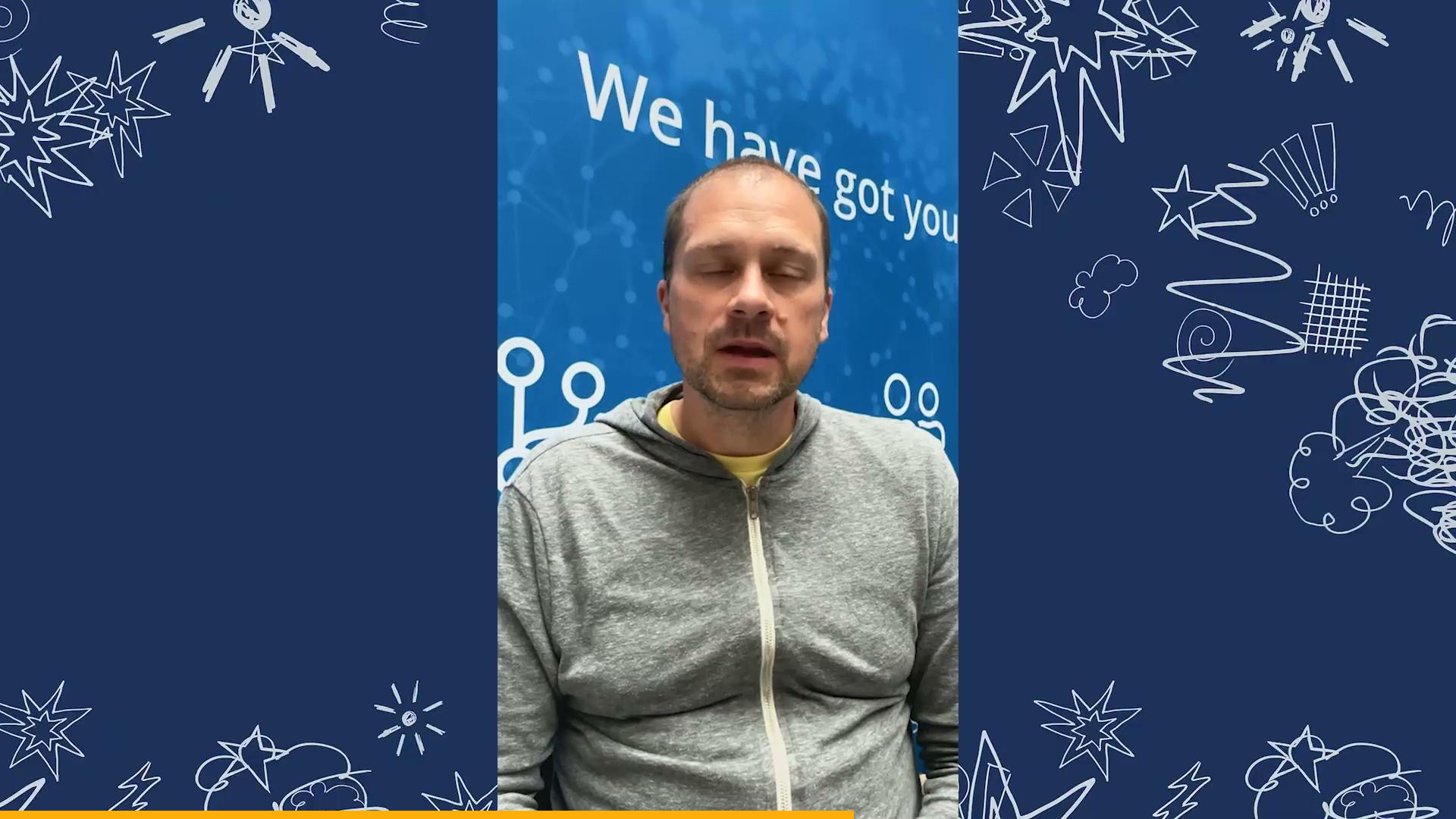
**I asked a friend..**



The background is a dark blue gradient. It is decorated with various white hand-drawn doodles. In the top left, there are several starburst shapes and a stick figure with multiple limbs. In the top right, there are more starbursts, a grid pattern, and a wavy line. In the bottom left, there are starbursts, a lightning bolt, and a cloud. In the bottom right, there are starbursts, a grid pattern, and a wavy line. The text is centered in the middle of the image.

**I asked my friend John  
Strand, CEO of Black Hills  
Information Security..**







# You might wonder..

Neurodivergence is over-represented in  
cyber security.

Why is that?





*Still*

# WORKING WITH AD(H)D IN INFOSEC





# Advice for Employers

- What is important to you?
- People all have different needs
- Be open to supporting that
- Don't ask 'what can I do to help you'

**Avoid letting people go is literally a win-win**



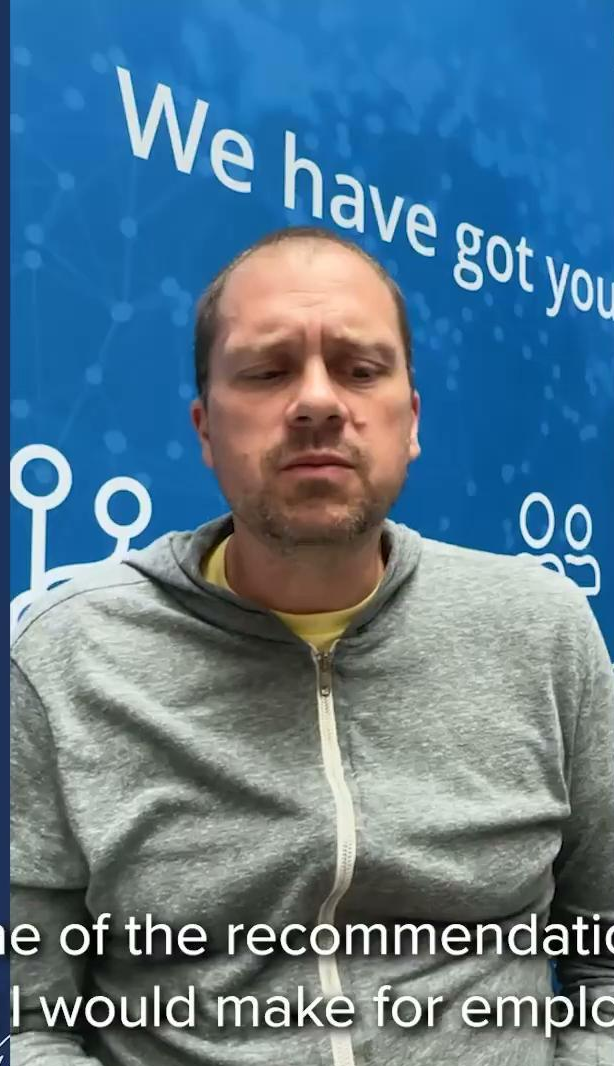


The background is a dark blue canvas filled with various white hand-drawn doodles. These include several starburst shapes of different sizes, a stick figure with outstretched arms, a grid pattern, a cloud, a spiral, a lightning bolt, and other abstract scribbles. The doodles are scattered across the top, bottom, and right sides of the frame, leaving the central area clear for text.

**One thing is what I think..**

So I asked my friend John again..





One of the recommendations  
that I would make for employers



# Final Words

I started doing this to help others out  
I'm happy to have done this many times already  
I hope to have done the same here today





# I am always there to help



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- Opinions (I have a lot of those)
- Whatever else I can help with (btw, I am freelance consultant)







**Questions?**



**Thanks for  
your time**

