

Clarity Essentials® for ADHD & Menopause

Sample Executive Summary | De-identified Illustrative Example

Illustrative Sample

This sample has been adapted and de-identified to protect client privacy. It is intended to show the type of individualized information a client may receive. The full discovery process includes a more detailed review of the individual findings, history, and practical recommendations.

The Overall Pattern

The findings do not suggest a general loss of ability. Instead, they point to a more specific pattern in which some tasks now require substantially more effort, several longstanding difficulties have become harder to compensate for, and one previously unrecognized area would benefit from additional safeguards.

Professional judgment, experience, and the ability to respond quickly remain important strengths. The challenge is that attention, visually based planning, and mental stamina are no longer carrying the same workload as consistently or for as long as they once did.

Changes That Have Become More Noticeable

Attention and concentration, visually based planning and organization, and mental stamina appear to share a more recent timeline.

Tasks may still begin quickly and capably, while becoming increasingly difficult to sustain as meetings, reading, comparisons, screen-based work, or decision-making continue. Visually dense decisions may also require repeated checking and more deliberation than they once did.

This helps explain why ordinary professional and daily demands can begin to feel significantly more exhausting even though the ability to complete the work remains intact.

Longstanding Patterns with Less Room to Compensate

Some difficulties with memory and follow-through, responding quickly in conversation, and sensitivity to criticism may have been present for many years.

Over time, experience, effort, and informal compensatory strategies can help manage these patterns. When newer demands on attention, planning, and stamina increase, there may be less capacity available to maintain those earlier strategies.

As a result, longstanding patterns can become more visible or disruptive without necessarily representing an entirely new problem.

A Newly Identified Difference

The discovery process may also identify patterns that were not obvious from personal history or self-observation alone.

In this example, one such difference involved difficulty creating enough pause before responding to visual information. This does not mean that every visual decision is impulsive. It suggests that when written, online, or screen-based information appears quickly or seems to require an immediate response, the initial reaction may occur before all details have been fully reviewed.

Recognizing this type of pattern can make it possible to build safeguards around situations in which the consequences of acting too quickly are highest.

What One Finding Can Look Like in Daily Life

One area of difficulty involved visually based planning and comparison.

The person remained capable of organizing verbally presented information and working through verbally based planning tasks. The greater difficulty appeared when a task required comparing multiple visual options, weighing competing details, keeping track of several steps, and deciding when enough information had been reviewed.

In daily life, this can look like spending far more time than expected comparing options, repeatedly checking details, revisiting a decision after a reasonable choice has already been identified, or feeling unable to bring a visually complex decision to closure. The issue is not simply indecisiveness.

The pattern suggests that visually dense planning and comparison may now require substantially more effort than other forms of problem-solving.

What Can Help

Useful supports may include:

- Reducing the number of options presented at one time
- Using a small number of predefined decision criteria
- Reviewing one criterion at a time rather than comparing everything simultaneously
- Establishing a clear decision point so review does not remain open-ended
- Delegating an initial review of visually dense material when appropriate
- Allowing a second review for high-stakes visual decisions

These strategies reduce unnecessary effort while preserving the person's judgment and ability to make thoughtful decisions.

What Individualized Recommendations Can Look Like

The value of the discovery process is not simply identifying areas of difficulty. The findings are used to develop practical supports matched to the person's specific pattern.

For this individual, recommendations included:

Protect Attention Before It Declines

Longer meetings, reading tasks, calls, and review periods can be divided into shorter blocks before attention becomes depleted.

Brief periods without conversation, visual review, decision-making, or incoming information can help preserve performance across the day.

Match the Format of Information to the Task

Important information may be easier to retain when it is discussed verbally first and followed by a concise written recap.

Written information remains useful, but dense visual material may require additional pacing and review.

Reduce the Burden on Memory

Written project trackers, visible deadlines, calendar reminders, and clearly documented next steps can reduce the need to hold unfinished tasks mentally.

The goal is to create external systems that close task loops reliably rather than depending on memory alone.

Build in Deliberate Pause Points

For important written, online, or public-facing material, a planned pause before responding can create additional review time.

A second read or a second set of eyes may be particularly useful when the information is time-sensitive, emotionally charged, or difficult to revise after release.

Protect Mental Stamina

The objective is not to ask the person to work harder.

The objective is to structure demands in a way that allows existing strengths, judgment, experience, and responsiveness to remain available more consistently.

Moving Forward

The overall pattern is not one of reduced ability.

It is a pattern in which some demands now require more energy, some longstanding difficulties have become harder to compensate for, and a previously unrecognized area may benefit from specific safeguards.

Understanding those differences makes it possible to move away from generic solutions and toward strategies matched to what is actually creating difficulty for that individual.

This abbreviated sample is provided for illustrative purposes only. The full Clarity Essentials® discovery process includes individualized findings and recommendations based on the person's specific profile. Clarity Essentials® methodology is proprietary and patent pending.