



My Neurodivergent Passport

Empowering me to thrive at work



About This Passport

This is my neurodivergent passport, a personal document to help others understand how I work best as I move through my career.

It is **confidential** and should only be shared with the people I choose (see page 9).


This passport can be used to help managers and colleagues create a working environment where I can thrive.

You're in control: update it whenever you like, and decide whether to re-share it or keep it private.

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About Me



Your photo can
go here

What should we call you?



What are your pronouns?



What is your job role?




What department do you work in?



Things that help me do my job

My Skills



Times of the day that I work best

E.G. Early morning, mid morning, evening etc.



Environments that work well for me

E.G. Quiet, alone, with a window



Technology that helps me at work

Is there any software, apps or websites that help you at work?

Equipment that helps me at work

This could be things like noise cancelling headphones or dual monitors

I own the following already

Communication

This is how I like to receive tasks

Verbally, via email, written down in a nice list etc.



Notice of changes to my day help me



Yes



Unsure



No

If yes, this is how much notice feels right

1 hour, 1 day, 5 days, 1 week etc.



Supporting me

Challenges that might impact me at work

E.G. Loud Noises, Bright Lights, change in medication



How to tell if I need support?

E.G. Stimming, irritable, reserved



Supporting me continued...

How to help when I need support?

E.G. Space, smaller tasks, reassurance



Previously

Things that have worked in the past

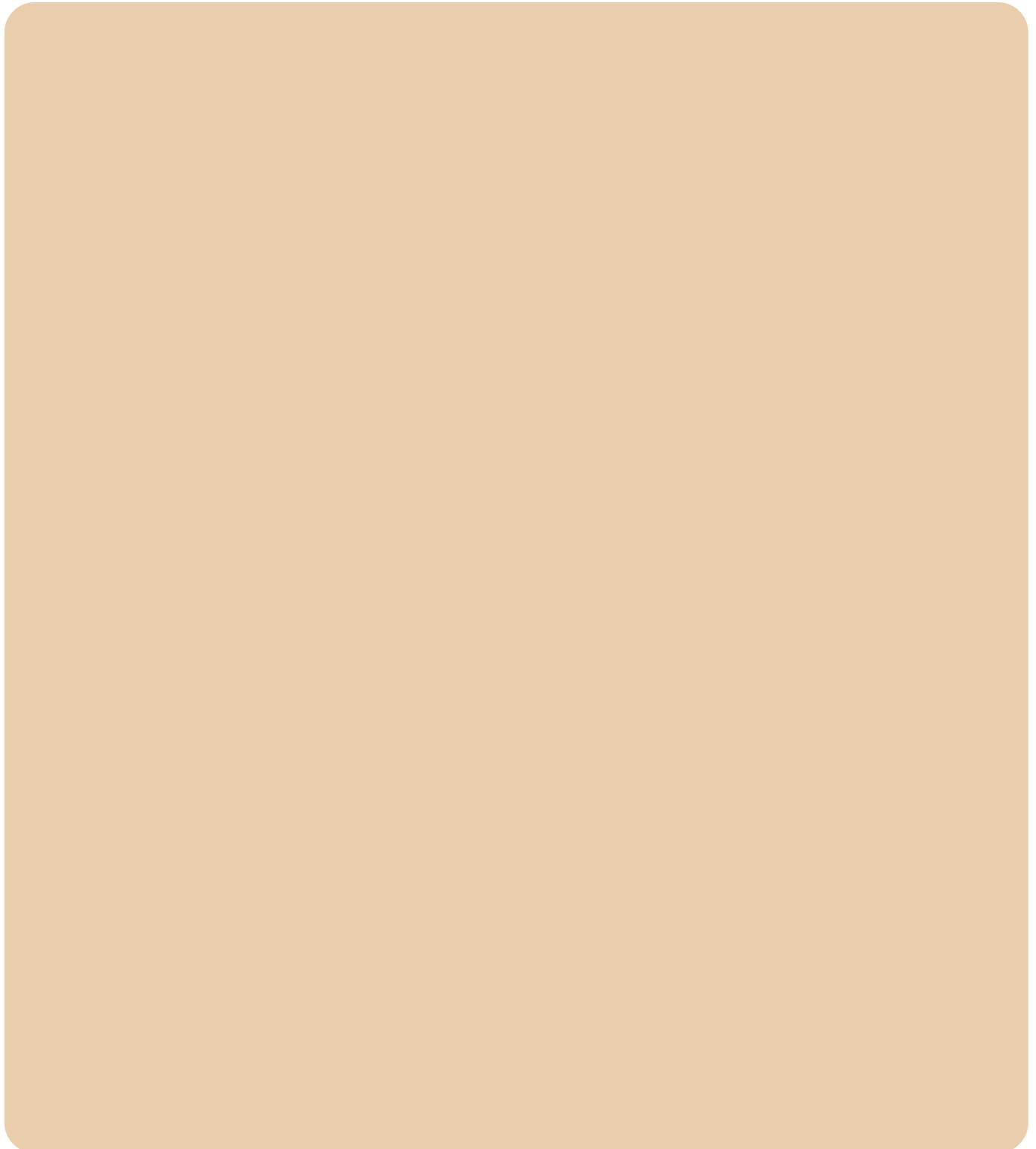
What things have worked well for you in other jobs.

A large, empty, light orange rounded rectangle with rounded corners, intended for writing or drawing. It occupies the majority of the page below the introductory text.

Anything Else?

Anything else you think might be useful?

Things you want to share but there isn't space anywhere else.



Version & Sharing History

When was your passport last updated?

You can use this page to keep track of when you last updated your passport and who it's been shared with. We've filled in the first row for you

Date	Version	Shared With
	Version 1.0	

This passport was created by Rich Howell from neurohowell.com, born from a personal need to communicate his workplace needs clearly and confidently.

While there are plenty of templates out there, many felt too clinical, too corporate and not made with the neurodivergent experience at their core.

This version is different: created by someone neurodivergent, for neurodivergent people.

You can find future updates to this document at neurohowell.com

