



NOVEMBER 2025 – MAY 2026

NEWSLETTER

Developing Resilience, Innovation and Vision for ADHD Entrepreneurs (DRIVE)

MOVING FORWARD TOGETHER

Since November 2025, DRIVE partners have continued working together to develop practical resources that support ADHD people in education, employment and entrepreneurship.

Over the past months, the project has reached several important milestones including the completion of learning materials, development of the online platform and preparations for testing and trainer activities.

CLICK THERE

<https://project-drive.eu/>



INSIDE THIS EDITION

- Partners Meet in Greece
- Building the DRIVE Learning Programme
- New Microlearning Resources
- Platform Development Update
- Pilot Testing
- Three Days of Learning and Collaboration in Dublin
- Looking Ahead



Co-funded by
the European Union

GREECE PARTNER 'S MEETING NOVEMBER 2025

Partners met in Greece to review project progress and plan the next phase of the project.

Discussions focused on finalising training materials, progressing platform development and preparing for future testing activities. Partners also began planning upcoming learning activities and project meetings. The meeting strengthened collaboration across the consortium and established clear priorities for the months ahead.



Developing the DRIVE Learning Resources

Significant progress has been made on the DRIVE learning programme. Partners worked together to finalise training materials and ensure consistency across all project resources. Learning materials were prepared in multiple formats to support both trainer delivery and online learning. Work also continued on the Trainer Handbook, learning activities and supporting resources.



Co-funded by
the European Union

<https://project-drive.eu/>

DRIVE MICROLEARNING MODULES

The project has developed a range of practical learning resources designed to support ADHD people in the workplace and beyond.

Module 1 – Understanding ADHD at Work

Module 2 – Executive Functioning in Everyday Life

Module 3 – Recognising Strengths and Potential

Module 4 – Strategies for Thriving at Work

Module 5 – Inclusion, Wellbeing and Meaningful Work

Module 6: Space to Thrive

Alongside the full training programme, short microlearning units were developed to provide accessible learning in a flexible format.

<https://project-drive.eu/>

MICROLEARNING UNIT MODULE 2 THE PRODUCTIVITY TOOLKIT: ADHD EDITION

UNIT 2: MANAGING IDEAS & STRATEGIES

ADHD minds are highly creative and generate ideas quickly – often faster than they can be organised. This can lead to mental clutter and overwhelm, even though the creativity itself is a strength. The goal of this unit is to help you capture ideas in a manageable way and prioritise them using simple frameworks so they don't get lost or become stressful.

- ADHD thought patterns are non-linear, so traditional lists often feel restrictive or confusing.
- Ideas need to be captured quickly in a single place before they disappear.
- Seeing ideas visually makes them easier to sort and prioritise.
- A clear prioritisation framework reduces overwhelm and guides action.



UNIT 2 TOOLS

1. Eisenhower Matrix

(Urgent, Important Framework)

Sort tasks into four categories:

- Do first: urgent + important;
- Plan: important but not urgent;
- Delegate: urgent but not

MICROLEARNING MODULE 1 ADHD AT WORK: THRIVING IN BUSINESS & BEYOND



Project Number: 2024-1-CZ01-KA220-VET-000248121
Developing Resilience, Innovation and Vision for ADHD Entrepreneurs

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

INTRODUCTION

This foundational module is designed to help you understand ADHD not as a limitation, but as a unique way of thinking, creating, and engaging with the world. Whether you're newly diagnosed or deepening your self-awareness, this journey invites you to explore how your brain works, how challenges can be reframed with compassion, and how you can build a business and life that truly fits you.

We move through five rich, interconnected units that blend insight, reflection, and practical tools grounded in neuroaffirmative principles and focused on real-world entrepreneurship.

MICROLEARNING UNIT MODULE 4: HEALTH TOOLS

UNIT 1: RECOGNIZING EMOTIONAL DYSREGULATION AND BURNOUT IN ADHD

Unit 1 explores emotional dysregulation and burnout in ADHD, showing that emotions can feel intense, rapid, and hard to manage due to neurobiological differences. Signs include sudden mood changes, difficulty calming down, overwhelm, rejection sensitivity, and strong reactions to instructions.

Chronic dysregulation may lead to burnout, with exhaustion, reduced interest, irritability, and cognitive difficulties. The Window of Tolerance illustrates optimal arousal levels; ADHD often narrows this window, making hyper- or hypoarousal more likely. Personal awareness and reflection help identify early stress signals, pause, and re-engage, supporting emotional wellbeing, productivity, and sustainable learning.

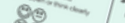
Lower Dopamine & Motivation

Tasks feel harder and less rewarding
→ Motivation drops



Executive Function Challenges

Double planning, planning, starting
→ Overwhelm & procrastination



Emotional Reactivity

Quick, intense emotions
→ React to minor stressors or events abruptly



Sensitivity to Criticism & Directives

Feedback can feel like personal failure
→ Struggle with or strong reaction



ADHD challenges: low motivation, executive function overload, intense emotions, and sensitivity to feedback.

UNIT 1 TOOLS

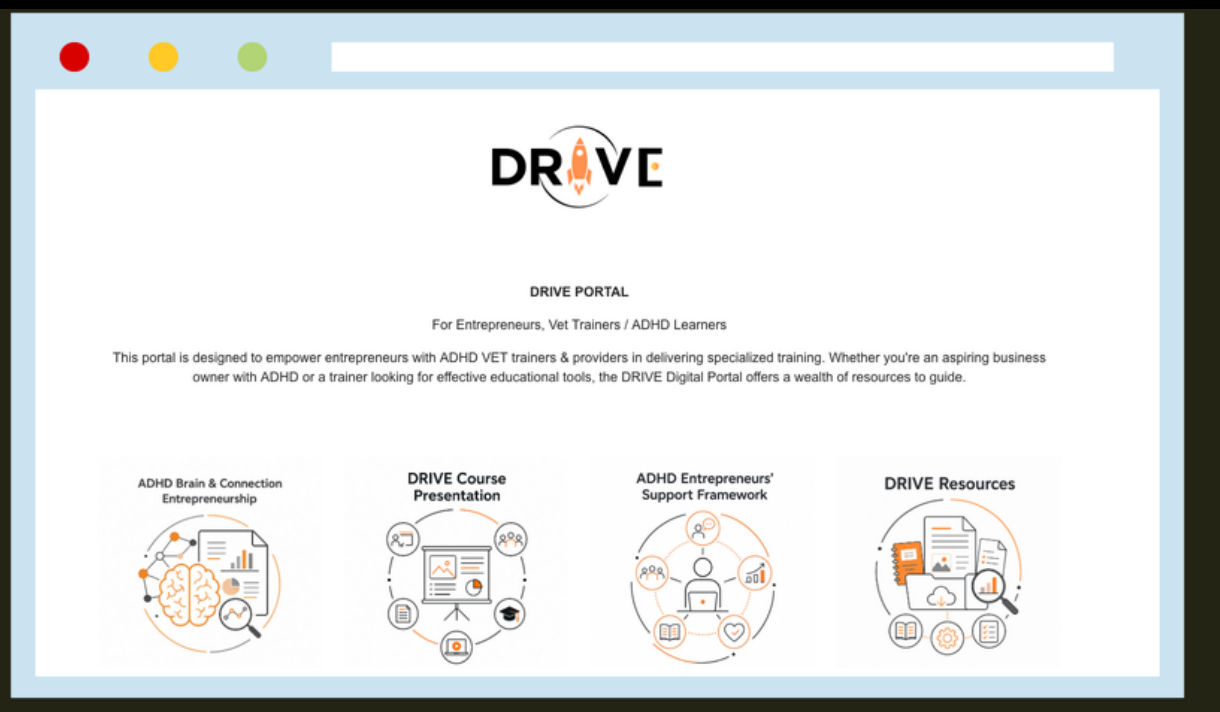
- Self-awareness: Notice early signs of stress, overload, or emotional shifts before they escalate.
- Window of Tolerance: Learn to recognize when you're moving outside your optimal arousal zone.
- Regulation strategies: Use calming or re-engaging tools to return to balance, prevent burnout, and maintain focus.



Co-funded by
the European Union

PLATFORM DEVELOPMENT & TESTING

The DRIVE online platform continued to take shape throughout early 2026. Partners worked closely with the development team to upload modules, review content and improve accessibility and user experience. The platform will bring together learning materials, activities, videos, podcasts and practical resources in one place.



As development progressed, partners prepared for the external testing phase.

Testing activities will involve trainers and learners across participating countries. Feedback gathered during this phase will help refine the platform and learning materials before final launch.

This collaborative approach ensures the resources are practical, relevant and user-friendly.

DRIVE WP4 Digital ADHD Platform (External Evaluation)

B I U  

Dear participant,

We would like to thank you for your participation in the **DRIVE Project** and kindly request your feedback and evaluation of your experience.

Your participation is anonymous.

Thank you very much for your support. It is much appreciated!

Kind regards,

DRIVE Project Partners.

Please let us know if you fall into the category of VET Provider or learner with ADHD characteristics

☐ VET Provider ☒ Multiple choice



Co-funded by
the European Union

<https://project-drive.eu/>

DUBLIN MAY 19-21 LEARNING, TEACHING AND TRAINING ACTIVITY (LTTA)

In May 2026, DRIVE project partners came together in Dublin, Ireland for a three-day Learning, Teaching and Training Activity (LTTA) and Transnational Project Meeting.

The event brought together representatives from all partner organisations to review project progress, share expertise and prepare for the final stages of delivery.



Co-funded by
the European Union

Hosted at University College Dublin, the programme combined interactive training sessions, project workshops and networking opportunities. Participants explored the DRIVE learning materials in greater depth, exchanged experiences from their own countries and discussed practical approaches to supporting ADHD people in education, employment and entrepreneurship.

Another focus of the event was the DRIVE online platform, which was presented to partners for review and feedback. Participants had the opportunity to explore the platform structure, learning pathways, microlearning units and supporting resources while contributing ideas for further improvements.

The Dublin meeting marked an important milestone for the project, bringing together the knowledge, experience and commitment of all partners as DRIVE moves towards its final launch and wider rollout across Europe.

<https://project-drive.eu/>



WHAT'S NEXT?

- **Completion of platform development**
- **External testing and evaluation**
- **National multiplier events**
- **Translation of project materials**
- **Final platform launch**

THE DRIVE PARTNERSHIP REMAINS COMMITTED TO CREATING PRACTICAL AND ACCESSIBLE RESOURCES THAT SUPPORT ADHD PEOPLE ACROSS EUROPE.

As the DRIVE project moves into its final phase, partners are focused on completing the remaining activities and preparing project resources for wider use across Europe.

Each partner organisation will host a national multiplier event in their own country, providing an opportunity to showcase the project's outcomes, share resources and engage with local stakeholders. In addition, all partners will come together for a joint online event, creating a space for international collaboration, discussion and knowledge sharing.

Many of these activities are expected to take place during October, helping to mark ADHD Awareness Month and increasing the visibility of the project and its resources.

We are excited to share the final platform and learning materials with wider audiences and look forward to seeing the positive impact they will have. As the project approaches completion, partners remain committed to ensuring that the resources are practical, accessible and beneficial for ADHD people across Europe.



Co-funded by
the European Union

ADHD
SUPPORT • EDUCATION • ACCEPTANCE
IRELAND



SILTA
VALMENNUS



CZU
Czech University
of Life Sciences Prague