



Unleashing Potential News - Dyslexia

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Ever come across somebody who is fantastic at practical work - such as carpentry - and hates writing or doing paperwork? If you bought services from them you may have had to wait a long time for the invoice or when the invoice came it said the least it could possibly say in order to be legitimate.

Maybe somebody who works for you demonstrates real talent in the practical side of their work gaining results that nobody else in the team can match, but getting the periodic or end of month reports is a different story.

These are the tell tail traits that someone with dyslexic characteristics may well show. Let's face it, none of us likes doing some parts of our job and it's those parts that let us down when it comes to meeting timescales and matching the high performance of the rest of our job.

There are countless reasons for not liking parts of what we do, but at the end of the day there is always one factor present - emotion. We're not going to get into emotional psychology here, but I am sure you will recognise from your own experience that if there is something that you do not feel good about or easily capable of doing, it is unlikely you will like it or develop above average skills in doing it. It may be that when you first learned the skill, someone said something that hurt your feelings, or your inner voice said you had messed it up.

For many, maybe even the majority, of dyslexic people this process of not thinking they are good at some activities starts at school and gets magnified as

time goes on.

Let's take the example of John, mildly dyslexic with some ADHD characteristics. John is the most talented wood craftsman I have met. When I first knew him he wanted to write things down - his mind was so busy with ideas that he felt he couldn't possibly retain them all. Although John did write quite a lot down he rarely went back to read them as he deeply disliked his handwriting. To be fair, it was only legible by paying much attention and reading slowly.

It turned out that when John was at school he got bored with the pace of the lessons when they learned how to join letters up. Consequently his attention wandered and he never got the hang of it. Although he did ask for additional support he reports that he was chastised for not paying attention and not given the extra help he needed - so he learned to scratch letters on the paper very close together in the hope that nobody would notice his 'mistakes'.

During a 'correction' programme - after just five days - John had learned to write in a classic copy book style and also lost much of the doubt and emotional 'baggage' that had troubled him for over 30 years.

Further Information

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