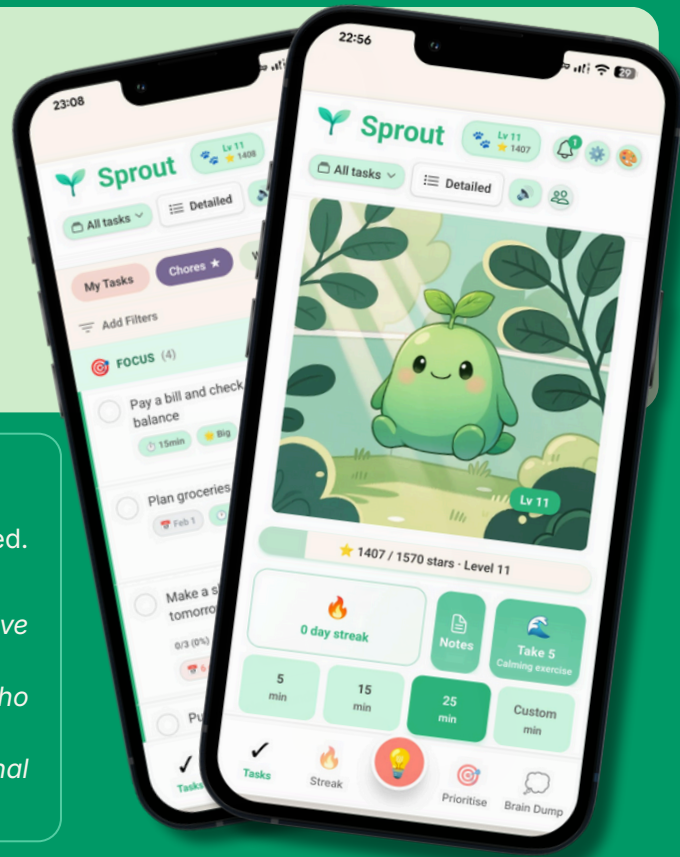# Sprout

ADHD-First Employee Support

The Smart Task App That Works With ADHD, Not Against It

The Challenge

An estimated 1 in 10 adults have ADHD. Many are undiagnosed. Most are struggling quietly.

- *22+ extra days of difficulty per year due to executive function challenges.*
- *81% of managers feel unprepared to support employees who disclose ADHD*
- *Only 13% of workers with ADHD receive any professional support*

22-27 Days of productivity lost per year for each employee with untreated ADHD

ADHD CHALLENGE	SPROUT SOLUTION
• **Overwhelm** • **Task Paralysis** • **Big tasks feel impossible** • **Time Blindness** • **Forgetting** • **Decision Fatigue**	✔ **Brain Dump AI transforms chaos into organized tasks** ✔ **Rules based "What Should I Do?" button picks your next move** ✔ **AI breakdown creates achievable micro-steps** ✔ **Built-in time estimates + focus timer** ✔ **Reminders and special "Nag Mode" with playful reminders to vary stimulus** ✔ **Day Plan focuses tasks to today** ✔ **AI prioritisation handles the sorting**

Core Values

➜ **No punishment mechanics**
➜ **Tasks roll forward**
➜ **Streak protection**
➜ **Positive reinforcement only**
➜ **Pet companions grow through engagement**
➜ **No guilt notifications**
➜ **No neglect or disappointment mechanics**
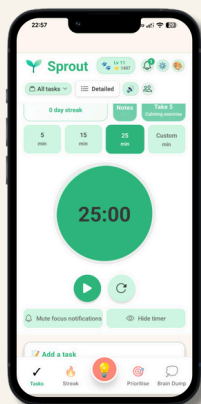
- Gamified Without Guilt
- No Shame
- Encouragment
- Forgiving by Design

Organizations Provide Sprout Premium as:

- **Part of neurodiversity support programs**
- **An optional self-service accommodation**
- **A resource offered during onboarding or through EAP**

Get in Touch Today.

Incredibly Simple to offer:

1. **Organization purchases license codes**
2. **Codes shared with employees who want them (self-select)**
3. **Employee redeems code on their own device**
4. **Premium features unlock immediately**