

ARE YOU NEUROCURIOUS?

In the modern, tech-driven workplace, we're all expected to do our best under the same conditions—as if we're each built for open-plan spaces, endless video meetings, and rapid-fire messaging.

The truth is, **work isn't one-size-fits-all**: Our brains are wired differently, and what fuels one person can exhaust another. We can work smarter when we understand **neurovariety**: the natural differences in how we think, perceive, and communicate.

WORKING NEURO SMART ALEXANDRA SAMUEL

Maybe you're ADHD, autistic or quirky. Maybe you're simply busy and overwhelmed. **You don't need a diagnosis** to get the support you need. You can simply **get neurocurious, and learn how to work the way you're wired**.

Neurosmart work finds the strengths in our differences so that work can be happier, more effective and more sustainable. You do that by understanding your neurosmart profile across five dimensions, through the **Neurosmart Reflector**. Then read **WORKING NEUROSMART** to find the tactics and tools that work for your unique brain and working style.

SENSE

How you perceive, process, and seek out sensory stimuli (like sights, sounds, and touch). Your Sense profile is the doorway to your inner office, because everything that happens in your workday or your own mind enters as sensory stimulation.

Overwhelmed at work?

Reduce sensory overload when you recognize the types of sensations that are hard for you to “gate” or process.

MEMORIZE

The filing system that organizes past experiences and information, and remembers what to do in the future. There's no such thing as simply having a “good” or “bad” memory, because memory is multi-faceted.

Stuck getting started?

Set up the procedural and prospective memory scaffolds that make it easy to get underway on your project—or your day.

ANALYZE

Your mental desktop, where you turn all that information into coherent thoughts and plans. This depends on your attention control, your executive function, and your cognitive capacity for reasoning and problem-solving.

Struggle with deadlines?

Take charge of your attention, time, and tasks with executive-function supports and tech tools that suit your brain and reasoning style.

REGULATE

The emotional, physiological, social, and energy-management systems that shape your ability to stay calm and focused, get in sync with colleagues, or rebound when you're exhausted. It's the internal climate control that keeps you cool and collected or cycling between on fire and exhausted.

Exhausted by the office?

Learn to manage and replenish your energy when you find out if you burn hot like a furnace, steady like a hearth, warm like a radiator, or fiery like a bonfire.

TRANSLATE

How you communicate in text, conversation, images, or gestures—in other words, the network connection that converts your thinking into something another person can hear or see. In a workplace characterized by neurovariety, all communication is best understood not as expression, but as translation.

Maxed-out on meetings?

Foster constructive collaboration with strategies that bridge differences in how we speak, gesture and write.

Sign up to be the first to get access to the Neurosmart Reflector and the latest insights from WORKING NEUROSMART—coming from Simon Acumen in 2027.

workingneurosmart.com