

VISUAL AIDS & ASSISTIVE TECH GUIDE

Part of the Strengths-Based Coaching Toolkit (DDP Framework)

1. Sequential Support: The Micro-Checklist

Intent: To reduce the "Activation Cost" of task initiation.

Micro-checklists bypass executive function drains by deconstructing transitions into sensory-neutral steps.

EXAMPLE: FIRST 15 MINUTES

- ☐ Noise-cancelling headphones on
- ☐ Visual timer set to 25 mins
- ☐ Clear physical desk space
- ☐ One browser tab only

*Co-Production Area:
Draft Micro-Steps with Client Here*

2. Temporal Support: Energy Mapping

Mapping the "Cost" of Time, Not Just the Duration.

Use visual colour-coding to maintain a regulatory baseline.

ZONE TYPE	BIOLOGICAL IMPACT	TOOLKIT STRATEGY
RED ZONE	High Sensory/Social Drain	Post-task Restorative 10
AMBER ZONE	Moderate Focus Required	Body-Doubling or Pomodoro
GREEN ZONE	Flow State / Low Sensory	Protected "Deep Work" Blocks

3. ASSISTIVE TECHNOLOGY (AT) INTEGRATION

AT selection must align with the client's "Superpowers" to ensure the tool enhances natural processing style.

TECHNOLOGY TYPE	DDP APPLICATION	ALIGNMENT
Speech-to-Text	Captures divergent thoughts.	Creative Thinking
Mind Mapping	Visualises complex systems.	Pattern Recognition
Digital Kanban	Visual WIP mapping.	Systemic Thinking

4. THE SENSORY MAP: ENVIRONMENTAL SCAFFOLDING



Coaches use visual Quiet Zone identifiers to establish a regulatory baseline in workspaces.

5. COACHING FOR AUTONOMY

THE NEUROCOACH STANCE

"We hold the client accountable for the radical acceptance of their own support requirements."