

Reviews of:

Dyslexia: How to Survive and Succeed at Work

Sylvia Moody

Vermilion Press

1.

A gem of a book!

Here we have a gem of a book, just what was needed, written for all adults struggling with dyslexia or dyspraxia in the workplace. While it is an excellent resource for the mentor, the specialist trainer and the employer, its real value lies in that it is written for, and speaks directly to, adults in employment. For this group it provides an essential handbook, full of practical ways of addressing and managing their difficulties.

The book is divided into three sections. The first section, 'Dyslexia Observed', explains the nature of dyslexic and dyspraxic difficulties, and how these will affect efficiency at work. Comments on the assessment process - both the diagnostic and the workplace needs assessment - provide an understanding of the nature of a well-executed assessment and how it might help the individual and his/her employer to move forwards.

The second section, 'Improving Skills', provides chapters on Organisation, Reading and Understanding, Speaking and Listening, Writing, and Emotions. Each chapter explores the range of difficulties commonly met at work and provides practical strategies for dealing with them.

The third section, 'Help from the Employer', includes advice on how the employer and specialist trainers can support an employee. It includes a brief but effective guide for the employer on Access to Work funding and the Disability Discrimination Act with examples of tribunal cases.

The Appendices include advice on items of equipment and specialist software which will be of help to the adult at work. Finally there is a helpful list of organisations offering advice, specialist assessment and training.

Highly recommended!

Katherine Kindersley, PATOSS Bulletin.

2.

A very readable introductory text

Sylvia Moody has produced another well-organised and evidenced book on the subject of dyslexia and dyspraxia in employment. It has a dual purpose: it is both a self-help guide for dyslexic and dyspraxic people, and also an information source for employers and Human Resource departments.

The first section of the book offers clear definitions of dyslexia and dyspraxia as a syndrome and explains how individuals can be affected by these neurodiverse conditions. This is followed by information on the different types of assessment that are available. The core of the book provides good advice, tips and strategies that can be used to compensate for literacy, organisational, emotional, and communication difficulties in the workplace.

It is generally not appreciated what a devastating effect difficulty with everyday office tasks can have: for example, difficulty with following straightforward operational directions or instructions. The simple and practical self-help strategies described in this book should give employers an insight into the daily struggles that a neurodiverse person may face in trying to do their job efficiently.

Each chapter is laid out in a very user-friendly format, starting with an explanatory introduction, followed by specific examples of difficulties that may be encountered. The text is enriched with case studies and personal comments from some of Dr Moody's past clients.

Sophie Irwin, Disability Awareness Trainer, South Thames College.

3.

Comprehensive exploration of ways to improve skills

This book is a useful addition to the range of practical guides produced by Dr Sylvia Moody. Here the focus is on dyslexia and dyspraxia in the workplace, an area neglected in comparison with the awareness and support now available in the educational sphere.

Dr Moody speaks directly to the dyslexic or dyspraxic individual, advising him/her on how to get an assessment and what this should comprise. Typical areas of strength and weakness are linked to workplace situations. Case studies flesh out the various aspects of being a dyslexic / dyspraxic employee and snapshots present solutions to everyday problems at work.

The bulk of the book is a comprehensive exploration of ways to improve skills in key areas, namely: organisation, reading, speaking and listening (with special reference to job interviews) and writing. The emotional aspects of dyslexia and dyspraxia are not neglected: two important areas – combating stress and gaining confidence – are addressed in some detail. Relationships with partners, colleagues and employers are also covered.

It is much easier for employees with dyslexia or dyspraxia to reach their potential if employers are well-informed and supportive. Dr Moody dedicates one chapter to guidance for the employer and another to disability legislation pertinent to the workplace.

Practical features of this publication include checklists for everyday and workplace difficulties, information on visual processing problems and a relaxation exercise. It is written in an accessible informal style with well-spaced text printed on off-white paper (to minimise visual stress). The book concludes with an informative section on ICT resources, useful organisations and suggestions for further reading.

Melanie Jameson, Dyslexia Consultancy Malvern