

# Best practice guide - the positive features of dyslexia in adults

## Introduction

It is important for people who have dyslexia – and those who work with them – to understand that dyslexia is a neurological difference and that it comes with many positive features as well as challenges.

Many of the world's most creative and successful people are dyslexic. They do not achieve in spite of their dyslexia, they achieve because of it. There are some very creative and high achieving kiwis who are, or were, dyslexic: John Britten (Britten Motorcycle), Richard Taylor (Weta Workshops), Peter Leitch (The Mad Butcher) and Michael Van de Elsen (celebrity chef).

## The features

No two dyslexic people are the same. Each person will have their own individual challenges and combination of advantages. In some cases a feature which is a challenge in some situations is an advantage in others.

Research from around the world reveals that dyslexic people often demonstrate the following talents and skills:

- Strong visual, spatial and three-dimensional skills
- Building things and solving puzzles
- Innovative, creative “out of the box” type thinking
- Often able to jump straight to the solution.
- Strong reasoning skills. Often able to understand abstract ideas.
- Many adults with dyslexia are able to see patterns that are not obvious to regular people.
- Able to see the big picture. Do not get bogged down with details.
- Very empathetic, with a high level of emotional intelligence. Many are great at “reading people”.
- Strong verbal communication skills.
- Known to be imaginative and curious.
- Able to generate a large number of ideas and thoughts.
- Known to be great at collaboration and co-operative activities. Therefore are great team members.
- Driven, ambitious and persistent.
- Known to excel in activities not dependent on text – such as advanced mathematics, computing, visual arts and performing arts.

**Sometimes a dyslexic challenge can be an advantage in different circumstances.**



It is known that people with dyslexia take longer for repeated routine tasks to become automatic. Because of this, dyslexic people may have to tackle routine tasks with more “mindfulness”. The outcome of this is that dyslexic people often innovate and experiment while doing tasks that other people do without thinking.

## References and Links

<http://positivelydyslexic.co.nz/>

Positive Dyslexia Act 6, a book by Roderick Nicolson: <https://itunes.apple.com/gb/book/positive-dyslexia-act-6/id992651008?mt=11>

Positive Dyslexia, a book by Roderick Nicolson: <https://www.amazon.com/Positive-Dyslexia-Roderick-I-Nicolson/dp/0993122701>

18 Positive Dyslexia Symptoms: <https://athome.readinghorizons.com/blog/18-positive-dyslexia-symptoms>

The positive aspects of having dyslexia: <http://www.happydyslexic.com/node/6>

## You Tube clips

Dyslexic advantages and strengths: <https://www.youtube.com/watch?v=2xWq9ecmyiw>

Positive Dyslexia, Professor Rod Nicolson: <https://www.youtube.com/watch?v=XqmSMvkBPmQ>

Positive Dyslexia, Stoke on Trent College: <https://www.youtube.com/watch?v=eziOTfEktWM>

Dyslexic Advantage - What you may not have heard about dyslexia: [https://www.youtube.com/watch?v=xyab\\_VSBCAk](https://www.youtube.com/watch?v=xyab_VSBCAk)

Why being dyslexic is GREAT: <https://www.youtube.com/watch?v=my0VyiMZl7Y>