

EP. 11: Gifted and ADHD

author:

2026-06

Synopsis

Tired of ADHD strategies that don't work? Here's what actually does. FREE training [here](https://programs.tracyotsuka.com/signup):

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Tracy talks about giftedness and ADHD in this podcast. Learn what the term 2E or Twice Exceptional refers to and that just because you're gifted in one or more areas (for example mathematically or artistically) doesn't mean that you might not also be challenged in other areas (you may learn differently or have an emotional or social delay). Did you know that you can be gifted and have ADHD? Do you know that there is no one definition of giftedness? In fact, all states have a different definition.

Tracy shares three layer cake definitions of giftedness:

- You'll learn about asynchronous development
- You'll learn about perfectionism and how harmful it can be
- You'll learn about the five areas where children can exhibit intense behaviors known as overexcitabilities or supersensitivities

Tracy outlines the overexcitabilities and shares that she never thought her son was gifted but is now wondering because he exhibits many traits in all five of these areas. Tracy also assumed that you can't be gifted if you struggle in school. Then she discovered AEGUS.

Find out what else gifted people need to succeed and how giftedness and ADHD can look identical. Tracy talks about her concern that perhaps we're medicating bright children so that they can fit into the school environment when really these kids may just be unchallenged. She worries that it's the smart capable kids that fall through the cracks in our educational system because when they don't perform, teachers and parents automatically think it's because they're lazy.

Have you ever wondered what it even means to be smart? Learn about Could it be that ADHD is connected to specific intelligences? Tracy then talks about what questions experts ask if they are working with a bright child who isn't applying themselves and what she's planning to bring into her son's school to aid in his learning.

Resources:

- Dabrowski's

Overexcit

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If this podcast helps you understand your ADHD brain, *Shift* helps you train it. Practice mindset

work in just 10 minutes a day. Learn more at tracyotsuka.com/shift

Instead of Struggling to figure out what to do next?

ADHD isn't a productivity problem. It's an identity problem.

That's why most strategies don't stick—they weren't designed for how your brain actually works.

Your ADHD Brain is A-OK Academy is different. It's a patented, science-backed coaching program that helps you stop fighting your brain and start building a life that fits.

Learn more here: <https://programs.tracyotsuka.com/aok-academy>

Learn more by connecting with Tracy through Instagram, Facebook, LinkedIn, Pinterest, or visit adhdforwomen.com.

Are You Ready to Discover Your Brilliance? Order Now: <https://tracyotsuka.com/book2>

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