Dear [Manager’s Name],

I hope you’re well. I’d like to request a meeting to discuss some workplace adjustments that would help me work more effectively. As a neurodivergent employee, I sometimes experience challenges with [mention general area, e.g., sensory sensitivity, communication differences, focus in open-plan spaces, etc.], and I believe that some reasonable accommodations could support my productivity and well-being. I would be happy to provide a more detailed list of the accommodations that I would find helpful, if you would like, or can bring this to our initial meeting.

I’d appreciate the opportunity to talk through potential adjustments that align with both my needs and the company’s goals. Please let me know a convenient time to meet. I’m happy to provide further information if needed.

Looking forward to your response.

Best regards,
[Your Name]