**Subject:** Request for Accommodations for Interview

Dear [Recipient's Name],

Thank you for inviting me to interview for the [Position Title] role at [Organisation Name]. I’m very excited about the opportunity and appreciate the chance to discuss how I can contribute to your team.

To ensure I can perform at my best during the interview and display my full range of experience and suitability for the post, I would like to request a few accommodations. As a neurodivergent individual, certain adjustments help me navigate interviews more effectively. I hope these requests are feasible, and I’m happy to provide further information if needed.

Specifically, I would like to request that:

1. [Example: Receiving the interview questions or key topics in advance to allow time for preparation.]
2. [Example: Conducting the interview in a quiet space with minimal background noise and soft lighting.]
3. [Example: Additional processing time to answer questions, as I may need a moment to gather my thoughts before responding.]
4. [Example: Being informed in advance of the structure and length of the interview, including any breaks or transitions.]

If it would be helpful, I can also provide a document I’ve found useful called *Inclusive Interviews: A Guide to Supporting Neurodivergent Candidates*, which offers further insights into creating an equitable and productive interview process. Please let me know if this would be of interest.

I look forward to the opportunity to speak with you on [interview date], and I’m happy to discuss these requests further if needed.

Thank you for your understanding and support.

Best regards,
[Your Full Name]
[Your Contact Information]