

JEFF COPPER

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EDUCATION

University of Tampa, Tampa FL – Master’s in Business Administration with a Concentration in Finance	2000
Indiana University, Bloomington IN – Bachelor of Science, Public Affairs	1985

PROFESSIONAL EXPERIENCE

ADD Coach Academy – Faculty Coach Instructor	2014-Present
DIG Coaching Practice LLC, Tampa FL – Founder and President	2007-Present
Attention Talk Network, Tampa FL – Founder, Host, and Managing Editor	2007-Present
<ul style="list-style-type: none">• Attention Talk Radio – a narrowcast Internet-based weekly radio show focused on interviews of ADHD experts on a range of topics that impact those diagnosed with or impacted by ADHD.• Attention Talk Video – an Internet-based weekly talk show featuring innovative news and the nation’s top experts in ADD/ADHD in a video format.• Attention Talk News – a monthly subscription-based e-Newsletter featuring relevant articles from guest writers, blogs, podcasts, industry updates, and current programming on Attention Talk Radio and Attention Talk Video.	
Mutual of Omaha, Tampa FL – Group Sales Representative and Manager	2002-2005
DSM, Lakeland FL – Business Consultant	2001-2002
Z-Tel Communications, Tampa FL – Vice President, Business Development	1999-2000
Allmerica Financial, Tampa FL – Regional Group Manager	1990-1998
Northwestern National Life Insurance Company, Tampa FL – Group Sales Representative	1989-1990
Aetna Life Insurance Company, New York NY – Group Sales Representative	1986-1989

VOLUNTARY SERVICE

Professional Advisory Board, Totally ADD (http://totallyadd.com)	Feb 2017-Present
Editorial Advisory Board for Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), <i>Attention Magazine</i>	Jul 2012-Present
Professional Association for ADHD Coaches (PAAC) – Professional Advisory Board	Aug 2008-Present

PROFESSIONAL CERTIFICATIONS

Professional Certified ADHD Coach (PCAC) – Professional Association of ADHD Coaches	2013
Professional Certified Coach (PCC) – International Coach Federation (ICF)	2009
Certified Professional Co-Active Coach (CPCC) – Coaches Training Institute	2007
ADD Coach Graduate (ACG) – ADD Coach Academy	2007

PROFESSIONAL MEMBERSHIPS

ADD Resources
ADHD Coaches organization (ACO)
Attention Deficit Disorder Association (ADDA)
Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)
International Coach Federation (ICF)
Professional Association for ADHD Coaches (PAAC)

PROFESSIONAL SPEAKING EXPERIENCE

“Impact of ADHD on Sports and Exercise,” Guest Speaker, 2018 Annual Conference on ADHD, St. Louis MO.	Nov 8, 2018
“Brand-Building & Marketing from a Foundation of YOU: Leveraging Your WHO-WHAT-WHY Connection,” Panel Member, 2018 Annual Conference on ADHD, St. Louis MO	Nov 8, 2018

- “Boredom and Its Impact on Those with ADHD,” Guest Speaker, On the Right Trail Telesummit for Men and Those Who Love Them, produced by Cathy Goett Oct 14, 2018
- “My Experience Coaching Those with ADHD and Sleep Issues,” TADD Talk produced by Attention Deficit Disorder Association (ADDA). Oct 7, 2018
<https://add.org/tadd-2018-my-experience-coaching-those-with-adhd-around-sleep-issues/>
- “Impact of Sports and Exercise on ADHD,” Guest Speaker, ADHD Parent Palooza Telesummit produced by Linda Roggli and ADDiva. <https://fn101.isrefer.com/go/parentspalooza/jcopper/> Aug 24, 2018
- “ADHD Working Memory and Overcoming Project Procrastination,” Guest Speaker, Succeed with ADHD Telesummit produced by Laurie Dupar. July 26, 2018
- “How One Dyslexic Sees the World, with Jeff Copper,” Digital video produced by Your ADHD Life with Dr. Kirsten Milliken - https://youtu.be/9WO_t28oodE Feb 7, 2018
- “Basic Truths,” Guest Speaker, Training Workshop, Pinellas County Schools, Admiral Farragut Academy, St. Petersburg FL. Aug 16, 2017
- “The Dimension of ADHD in the Life of a Sports Agent: Strengths & Weaknesses, Resilience & Risk,” Introduced Keynote Speaker Leigh Steinberg, 2016 Annual Conference, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Cosa Mesa CA Nov 10, 2016
- “Driven by Boredom,” 2015 Conference, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), New Orleans LA. Nov 14, 2015
- “Driven by Boredom and its Impact on Those with ADHD,” 2015 Conference, ADHD Coaches Organization (ACO), Phoenix AZ. Apr 30, 2015
- “ADHD Champions: Life with ADHD at 180 MPH,” 2014 Conference, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Chicago IL. Nov 14, 2014
- “The Impact of ADHD on Sports and Exercise,” 2014 Annual Conference, Attention Deficit Disorder Association (ADDA), Orlando FL. Jul 25, 2014
- “Attentional Blindness – Barriers to Effective Coaching,” 2014 Conference, ADHD Coaches Organization (ACO), Phoenix AZ. May 3, 2014
- “Impact of ADHD on Sports and Exercise,” ADHD Parents Support Network of Tampa Bay FL. Feb 18, 2014
- “A Coach’s Insight, Coaching College Students,” 2014 Transitions Conference, Lynn University, Boca Raton FL. Jan 31, 2014
- “The Impact of ADHD Outside of School and Work,” 2014 Transitions Conference, Lynn University, Boca Raton FL. Jan 31, 2014

PUBLISHED PAPERS & OTHER MEDIA

- “Boredom as a Marker for Action,” Guest Interview, Core Brain Journal with Dr. Charles Parker Oct 23, 2018
<https://www.corebrainjournal.com/2018/10/266-boredom-marker-for-action-copper/>
- “3 Insights to Help You Get It Right,” Presentation Video for ADHD Awareness Month Oct 17, 2018
<https://www.adhdawarenessmonth.org/3-insights-to-get-it-right/>
- “The Anatomy of a Mind Shift – Shifting Yours to Witness Your Child’s!” Guest Interview, Parenting ADHD and Autism with Penny Williams Jun 19, 2018
- “S is for Self-Regulation: Lessons in ADHD Emotional Control from ‘Sesame Street,’” Guest Blog, ADDitude Magazine. <https://www.additudemag.com/self-regulation-sesame-street-adhd-children/> Jun 15, 2018
- “ADHD, Exercise, Mindfulness, and the Obvious,” Guest Interview by Elaine Taylor-Klaus. Produced by Impact ADHD – Ask the Expert. <https://impactadhd.com/organize-your-life-and-family/adhd-exercise-and-mindfulness/> May 14, 2018
- “Finishing Projects, Transitions and Working Memory with Adult/ADHD,” Interview by Lynne Edris produced by ADHD Support Talk Radio. <https://adhdsupporttalk.com/2018/05/03/finishing-projects-transitions-and-working-memory-with-adult-add-adhd/> May 3, 2018
- “5 Attention Exercises for ADHD, Weight Management & Self-Regulation,” Blog post, DIG Coaching Practice. <http://digcoaching.com/5-attention-exercises-for-adhd-weight-management-and-self-regulation/> Apr 27, 2018

- "Is Your Working Memory Working with Adult ADHD/ADD?" Podcast produced by Lynne Edris and ADHD Support Talk Radio. <https://adhdupporttalk.com/2018/04/25/is-your-working-memory-working-with-adult-adhd-add/> Apr 25, 2018
- "Basic Truths and Observation Skills," *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb 2018 ed., pp. 26-27. Feb 2018
- "Diversion of Medication: A Resource to save the future of ADHD students from poor decisions," ACO Circle by ADHD Coaches Organization. <https://www.adhdcoaches.org/february-fyi-coaches/> Jan 25, 2018
- "Teens with ADHD and the Reality of Motivation," Interview, Parenting ADHD and Autism <http://parentingadhdandautism.com/2018/01/pap-027-adhd-teens-motivation-jeff-copper/> Jan 25, 2018
- "Procrastination – ADHD Balance & Timing," Interview, CoreBrain Journal with Dr. Charles Parker. <http://www.corebrainjournal.com/2017/06/128-procrastination-adhd-balance-timing-copper/> Jun 27, 2017
- "5 Ahas to Beating Procrastination," Facilitator, Teleseminar produced by DIG Coaching Practice. Feb 23, 2017
- "Mind Measure: The Difference Between ADD & Executive Function," Interview on CoreBrain Journal produced by Dr. Charles Parker. <http://www.corebrainjournal.com/2016/06/017-jeff-copper-measure-adhd-executive-function/> Jun 2, 2016
- "Coaching for ADHD" Podcast Interview by Dr. David Pomeroy, produced by Web Talk Radio. <http://webtalkradio.net/internet-talk-radio/2016/04/25/adhd-focus-coaching-for-adhd/> Apr 25, 2016
- "Maybe you are paying attention to the wrong thing!" Guest presentation. Telesummit: How to Connect with Your Inner Guidance, Trust Your Values and Parent with Conviction and Confidence produced by Valarie Carlene. Apr 10, 2016
- "How to Utilize Mindset and Environment to Achieve Success," Guest presentation. The Behavioral Shift Telesummit produced by Julie and Dana Lewis. Apr 8, 2016
- "Kids Who Think Differently & How the Brain Works," Guest speaker, Webinar, Kids Who Colour Outside the Lines Telesummit, produced by Mary Strachan. Apr 6, 2016
- "Engage Your Brain: How to Defeat Boredom and Get Things Done," Guest Speaker, Webinar, produced by ADDitude Magazine, ADHD Experts Podcast Series. http://hwcdn.libsyn.com/p/3/a/f/3afbd3ed66a3ac75/135-engage-your-adhd-brain-defeat-boredom.mp3?c_id=10994983&cs_id=10994983&destination_id=142545&expiration=1543881365&hwt=23e962ac884f85088c02de58c81c092e Mar 1, 2016
- "Boredom's Impact on ADHD and Productivity," Teleseminar, Institute for Challenging Disorganization (ICD). Feb 22, 2016
- "We're Engaged! How to Transform Your Boredom Into Motivation, Engagement, and Action," Podcast on *ADDitude Magazine*, <https://www.additudemag.com/podcast-boredom-motivation-jeff-copper/> Feb 2, 2016
- "Optimal Exercise & ADHD," *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb. 2016 ed., pp. 32-33. Feb 2016
- "Exercise: The Rodney Dangerfield of ADHD Treatment," Guest presentation. Women's Palooza Telesummit, "Exercise for ADHD Women: The Wonder Drug of the Century" produced by Linda Roggli. <https://adhdpalooza.com/portfolio/dr-william-cooper/> Jan 14, 2016
- "What My Mom Did Right: A Success Sorry," Guest Speaker, Parenting Your Learning Challenged Child Telesummit produced by Julie Lewis and Dana D'Arville. Jan 4, 2016
- Surfing Attention*, an electronic publication of original cartoons with a light-hearted look at ADHD. Aug 2015
- "The Dreaded 'E' Word: An Interview with Jeff Copper on Exercise and ADHD," interview, Attention Deficit Disorder Association (ADDA), <https://add.org/the-dreaded-e-word-an-interview-with-jeff-copper-on-exercise-and-adhd/> Jul 29, 2015
- "ADHD: Don't Like the Name? There's Still Hope," *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Apr. 2015 ed., pp. 30-31. Apr 2015
- "Follow Your Attention," Interview by Eric Tivers produced by ADHD rewired. <https://soundcloud.com/eric-tivers/ep52> Feb 23, 2015
- "ADHD, Exercise, and Sports: Their Impact on Each Other," Guest Speaker, Webinar produced by (Parent Educational Advocacy Training Center (PEATC) and the Northern Virginia and DC Chapter of CHADD (NoVA/DC CHADD). <http://youtu.be/b4ydkO5qfwQ> Jan 13, 2015

- If Only You Understood Attention!* – An electronic film/video workshop that takes the viewer through attention in an anatomy of attention construct created to provide a more powerful way to observe one’s attention. 2014
- “How to Pay Attention to Attention Itself,” Guest speaker on Telesummit produced by Totally ADD Sep 30, 2014
- The “*Perfect Career*” for ADHD. Participant in digital video work produced by Totally ADD . <http://totallyaddshop.com/products/the-perfect-career-for-adhd#.VOJEnS41WnA> Nov 2014
- “Ugly Organizational Systems,” *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Oct. 2014 ed., pp. 24-25. Oct 2014
- “Inside-Out Solutions,” Blog content submission, Melissa Orlov for ADHD & Marriage. <https://www.jstcoaching.com/blog/adhd-coaching-living-left-handed-in-a-right-handed-world/> Aug 20, 2014
- “ADHD, Exercise and Sports: Their Impact on Each Other,” Interview by Linda Roggli, produced by ADDiva. <https://addiva.net/addiva-monthly-connection/jeff-copper/> Aug 18, 2014
- Guest Speaker, Succeed with ADHD Telesummit hosted by Laurie Dupar. Jul 15, 2014
- “Help – My Teenager is Under the Influence of Hormones!” Guest expert blog, Impact ADHD <https://impactadhd.com/manage-emotions-and-impulses/help-my-teenager-is-under-the-influence-of-hormones/> May 12, 2014
- To Tell or Not to Tell?* Digital video work produced by Totally ADD <http://totallyaddshop.com/products/to-tell-or-not-to-tell#.VOJE5i41WnA> Mar 2014
- “How to Deal with ADHD and Boredom,” by Ari Tuckman and Jeff Copper. *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb 2014 ed., page 16. <http://digitaleditions.sheridan.com/publication/index.php?i=195549&p=16> Feb 2014
- “The Impact of ADHD on Sports and Exercise,” Guest speaker on Webinar produced by Totally ADD Jul 29, 2013
- “Attention Deficit Disorder is not a Deficit of Attention,” Guest blog post published by Impact ADHD. <https://impactadhd.com/organize-your-life-and-family/attention-deficit-disorder-is-not-a-deficit-of-attention/> Jul 1, 2013
- “Parenting in the Realm of ADHD,” Podcast Interview. Impact ADHD. <http://parentingadhd.net/attention-talk-radio-host-jeff-copper-on-parenting-in-the-realm-of-adhd/> Jul 31, 2012
- “ADHD Coaching – Living Left-Handed in a Right-Handed World,” Guest blog, JST Coaching, <https://www.jstcoaching.com/blog/adhd-coaching-living-left-handed-in-a-right-handed-world/> Mar 5, 2012
- 365+1 Ways to Succeed with ADHD* (2011, Laurie Dupar). Participating author. <http://www.amazon.com/365-ways-succeed-ADHD-strategies/dp/0615675247> 2012

PROFESSIONAL REFERENCES – CONTACT INFORMATION AVAILABLE UPON REQUEST

Clara Reynolds, LCSW
Executive Director
Success 4 Kids & Families, Inc.
Tampa FL

Ari Tuckman, PsyD
Psychologist
West Chester PA

Dr. Charles Parker
Psychiatrist
Virginia Beach VA

David Giwerc, MCC
Founder and President
ADD Coach Academy
Slingerlands NY