

# JEFF COPPER

13014 N. Dale Mabry Hwy #148, Tampa FL 33618 | 813-837-8084 | [jeff@digcoaching.com](mailto:jeff@digcoaching.com)

## EDUCATION

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

## PROFESSIONAL EXPERIENCE

|   |              |
|---|--------------|
| <b>ADD Coach Academy</b> – Faculty Coach Instructor   | 2014-Present |
| <b>DIG Coaching Practice LLC, Tampa FL</b> – Founder and President  | 2007-Present |
| <b>Attention Talk Network, Tampa FL</b> – Founder, Host, and Managing Editor  | 2007-Present |
| <ul style="list-style-type: none"><li>• <b>Attention Talk Radio</b> – 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.</li><li>• <b>Attention Talk Video</b> – an Internet-based weekly talk show featuring innovative news and the nation’s top experts in ADD/ADHD in a video format.</li><li>• <b>Attention Talk News</b> – 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.</li></ul> |              |
| <b>Mutual of Omaha, Tampa FL</b> – Group Sales Representative and Manager   | 2002-2005    |
| <b>DSM, Lakeland FL</b> – Business Consultant   | 2001-2002    |
| <b>Z-Tel Communications, Tampa FL</b> – Vice President, Business Development  | 1999-2000    |
| <b>Allmerica Financial, Tampa FL</b> – Regional Group Manager   | 1990-1998    |
| <b>Northwestern National Life Insurance Company, Tampa FL</b> – Group Sales Representative  | 1989-1990    |
| <b>Aetna Life Insurance Company, New York NY</b> – Group Sales Representative   | 1986-1989    |

## VOLUNTARY SERVICES

|  |                  |
|--|------------------|
| Professional Association for ADHD Coaches (PAAC) – Professional Advisory Board   | Aug 2008-Present |
| Editorial Advisory Board for Children and Adults with Attention deficit Hyperactivity Disorder (CHADD) <i>Attention Magazine</i> | Jul 2012-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

|  |              |
|--|--------------|
| “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,” ADHD Coaches Organization Conference, Phoenix AZ   | May 3, 2014  |

|  |              |
|--|--------------|
| “Impact of ADHD on Sports and Exercise,” ADHD Parents Support Network of Tampa Bay, Tampa 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 |
| “The Impact of ADHD on Sports and Exercise,” Totally ADD Webinar. <a href="http://www.totallyadd.com">www.totallyadd.com</a> | Jul 29, 2013 |

## PUBLISHED PAPERS &amp; OTHER MEDIA

365+1 *Ways to Succeed with ADHD* (2011, Laurie Dupar). Participating author.

<http://www.amazon.com/365-ways-succeed-ADHD-strategies/dp/0615675247>

*ADHD Coaching – Living Left-Handed in a Right-Handed World.* JST Coaching guest blog, March 2012.

<http://www.jstcoach.com/2012/03/adhd-coaching-living-left-handed-in-a-right-handed-world/>

*ADHD is Miss Labeled.* Impact ADHD guest blog.

<http://childrenwithadhd.net/attention-deficit-disorder-is-not-a-deficit-of-attention/>

“How to Deal with ADHD and Boredom,” by Ari Tuckman and Jeff Copper. *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), February 2014 edition, page 16.

<http://digitaleditions.sheridan.com/publication/index.php?i=195549&p=16>

*If Only You Understood Attention!* – An electronic film/video workshop, which takes the viewer through attention in an anatomy of attention construct, created to provide a more powerful way of observing one’s attention. 2014.

Impact ADHD Blog. Interviewed as expert July 2012.

<http://parentingadhd.net/attention-talk-radio-host-jeff-copper-on-parenting-in-the-realm-of-adhd/>

*The “Perfect Career” for ADHD.* Digital video work produced by Totally ADD, November 2014.

<http://totallyaddshop.com/products/the-perfect-career-for-adhd#.VOJEnS41WnA>

*To Tell or Not to Tell?* Digital video work produced by Totally ADD, March 2014.

<http://totallyaddshop.com/products/to-tell-or-not-to-tell#.VOJE5i41WnA>

“Ugly Organizational Systems,” *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), October 2014 edition, pp. 24-25.

## PROFESSIONAL REFERENCES

Ari Tuckman, PsyD  
Psychologist

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

Dr. Charles Parker  
Psychiatrist

David Giwerc, MCC  
Founder and President  
ADD Coach Academy