

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

- 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

Marketing Committee, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD) May 2019-Present
Professional Advisory Board, Totally ADD (<http://totallyadd.com>) Feb 2017-Present
Editorial Advisory Board, *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD) Jul 2012-Present
Professional Advisory Board, Professional Association for ADHD Coaches (PAAC) 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 (CPCAC) – 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

“Myths About ADHD – Part 2,” Interview by David Greenwood on Overcoming Distractions Podcast, <http://davidagreenwood.libsyn.com/part-2-myths-about-adhd> Feb 3, 2020
“Is Your Working Memory Working?” Presentation, ADHD in Middle School Summit hosted by Adrien Harrison: <https://digcoaching.com/adhd-in-middle-school-summit> Jan 20, 2020

- “Self-Regulation with Jeff Copper, ADHD & Attention Coach, Host of Attention Talk Radio, and ADHD Dad,” Interview by Brendan Mahan on ADHD Essentials Podcast:
<https://adhdessentials.podbean.com/e/self-regulation-with-jeff-copper-adhd-attention-coach-host-of-attention-talk-radio-and-adhd-dad/> Jan 17, 2020
- “Working Memory and ADHD: What is it and how do we improve it?” Interview by David A. Greenwood on *Overcoming Distractions: Helping Distracted Minds Achieve Focus*,
<https://overcomingdistractions.com/ep-46-working-memory-and-adhd-what-is-it-and-how-do-we-improve-it/> Nov 19, 2019
- “Is Your Working Memory Working?” Presentation, 2019 International Conference on ADHD, Philadelphia PA. <https://www.theadhdconference.org/agenda/speakers/466094> Nov 9, 2019
- “On the Right ADHD Trail Telesummit 2019,” Presentation, produced by Cathy Goett, Goett Focused. <https://ontherightadhdtrail.com/> Oct 11-14, 2019
- TADD Talk, “Is Your Working Memory Working? Presented by Attention Deficit Disorder Association for the 2019 Annual International Conference on ADHD, “Better Together,”
<https://add.org/taddtalks2019/> Oct 5, 2019
- “How to Develop a Proper Mindset When You’re an Adult with ADHD,” Interview by David A. Greenwood on *Overcoming Distractions: Helping Distracted Minds Achieve Focus*,
<https://overcomingdistractions.com/ep-37-how-to-develop-a-proper-mindset-when-youre-an-adult-with-adhd/> Sept 16, 2019
- “What Parents Need to Know about Working Memory and ADHD,” Presentation, 2019 Parents Palooza Telesummit produced by Linda Roggli, <http://addiva.net>. Jul 30, 2019
- “Basic ADHD Truths That Most Miss,” Presentation, Succeed with ADHD Telesummit produced by Laurie Dupar, <http://coachingforadhd.com> Jul 16, 2019
- “How the Brain Creates Motivation in Teens with ADHD,” Presentation, 2019 Parenting ADHD Summit produced by Penny Williams, <http://parentingadhdsummit.com/> Jun 17, 2019
- “Digital Assistants: The Future of ADHD Support?” Interview by CHADD National Research Center, published online, ADHD Weekly, Mar 14, 2019. <https://chadd.org/adhd-weekly/digital-assistants-the-future-of-adhd-support/> Mar 14, 2019
- “Getting Nominated for an ADHD Academy Award,” Presentation, 2019 Women’s Palooza with Linda Roggli, <https://adhdpalooza.com/women/> Feb 28, 2019
- “Overcome Your Procrastination,” Interview, *Distraction* Podcast with Dr. Ned Hallowell.
<https://www.distractionpodcast.com/2019/02/26/s3-ep23-overcome-your-procrastination/> Feb 26, 2019
- “Impact of ADHD on Sports and Exercise,” Presentation, 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 as a Marker for Action,” Interview, *Core Brain Journal* with Dr. Charles Parker
<https://www.corebrainjournal.com/2018/10/266-boredom-marker-for-action-copper/> Oct 23, 2018
- “3 Insights to Help You Get It Right,” Presentation Video for ADHD Awareness Month
<https://www.adhdawarenessmonth.org/3-insights-to-get-it-right/> Oct 17, 2018
- “Boredom and Its Impact on Those with ADHD,” Presentation, 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).
<https://add.org/tadd-2018-my-experience-coaching-those-with-adhd-around-sleep-issues/> Oct 7, 2018
- “The Lure (and Benefits) of Exercise and Sports for ADHD Kids,” Presentation, ADHD Parent Palooza Telesummit produced by Linda Roggli and ADDIVA
<https://adhdpalooza.com/product/the-lure-and-benefits-of-exercise-and-sports-for-adhd-kids/> Aug 24, 2018
- “ADHD Working Memory and Overcoming Project Procrastination,” Presentation, Succeed with ADHD Telesummit produced by Laurie Dupar. Jul 26, 2018
- “The Anatomy of a Mind Shift – Shifting Yours to Witness Your Child’s!” Interview, Parenting ADHD and Autism with Penny Williams Jun 19, 2018

- "Procrastination – ADHD Balance & Timing," Video interview by Dr. Charles Parker on CoreBrain Journal, https://youtu.be/qb5qHNZ7_ZA May 27, 2018
- "ADHD, Exercise, Mindfulness, and the Obvious," Interview by Elaine Taylor-Klaus. Produced by Impact ADHD, <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
- "Is Your Working Memory Working with Adult ADHD/ADD?" Presentation, ADHD Support Talk Radio with Lynne Edris, <https://adhdsupporttalk.com/2018/04/25/is-your-working-memory-working-with-adult-adhd-add/> Apr 25, 2018
- "How One Dyslexic Sees the World, with Jeff Copper," Video produced by Your ADHD Life with Dr. Kirsten Milliken - https://youtu.be/9WO_t28oodE Feb 7, 2018
- "Diversion of Medication: A Resource to save the future of ADHD students from poor decisions," ACO Circle by ADHD Coaches Organization 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
- "Basic Truths," Presentation at Training Workshop, Pinellas County Schools, Admiral Farragut Academy, St. Petersburg FL. Aug 16, 2017
- "Good Procrastination & How to Use It Effectively," Procrastination – ADHD Balance & Timing, Interview by Dr. Charles Parker on CoreBrain Journal. <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
- "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
- "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" 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," Presentation, Webinar produced by ADDitude Magazine, ADHD Experts Podcast Series. http://hwcdn.libsyn.com/p/3/a/f/3afb3ed66a3ac75/135-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," Presentation, Teleseminar, Institute for Challenging Disorganization (ICD). Feb 22, 2016
- "We're Engaged! How to Transform Your Boredom Into Motivation, Engagement, and Action," Podcast Presentation on ADDitude Magazine, <https://www.additudemag.com/podcast-boredom-motivation-jeff-copper/> Feb 2, 2016
- "Exercise: The Rodney Dangerfield of ADHD Treatment," 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 Story," Presentation, Parenting Your Learning Challenged Child Telesummit produced by Julie Lewis and Dana D'Arville. Jan 4, 2016

“Driven by Boredom,” Presentation, 2015 Conference, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), New Orleans LA.	Nov 14, 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
“Driven by Boredom and its Impact on Those with ADHD,” Presentation, 2015 Conference, ADHD Coaches Organization (ACO), Phoenix AZ.	Apr 30, 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,” Presentation, 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
“ADHD Champions: Life with ADHD at 180 MPH,” Presentation, 2014 Conference, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Chicago IL.	Nov 14, 2014
“How to Pay Attention to Attention Itself,” Presentation, Telesummit produced by Totally ADD	Sep 30, 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
“The Impact of ADHD on Sports and Exercise,” Presentation, 2014 Annual Conference, Attention Deficit Disorder Association (ADDA), Orlando FL.	Jul 25, 2014
“Attentional Blindness – Barriers to Effective Coaching,” Presentation, 2014 Conference, ADHD Coaches Organization (ACO), Phoenix AZ.	May 3, 2014
“Impact of ADHD on Sports and Exercise,” Presentation, ADHD Parents Support Network of Tampa Bay FL.	Feb 18, 2014
“A Coach’s Insight, Coaching College Students,” Presentation, 2014 Transitions Conference, Lynn University, Boca Raton FL.	Jan 31, 2014
“The Impact of ADHD Outside of School and Work,” Presentation, 2014 Transitions Conference, Lynn University, Boca Raton FL	Jan 31, 2014
“The Impact of ADHD on Sports and Exercise,” Presentation, Webinar produced by Totally ADD	Jul 29, 2013
“Parenting in the Realm of ADHD,” Interview by Impact ADHD, https://impactadhd.com/organize-your-life-and-family/parenting-in-the-realm-of-adhd/	Jul 31, 2012

PUBLISHED PAPERS & OTHER MEDIA

“Procrastination and ADHD,” video post on Totally ADD blog, “The Relationship Between Procrastination and ADHD.” https://totallyadd.com/blog/procrastination-and-adhd/	Feb 4, 2020
“Is Your Working Memory Working?” Article published in ADHD Coaches Organization Weekly News and Updates, https://mailchi.mp/adhdcoaches/aco-weekly-blog-september-6th-2468117?e=be7268bb40	Jan 6, 2020
“Do Allergies Affect ADHD Treatment?” <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Aug 2019 ed., pp. 24-25.	Aug 2019
Attention Talk Video Named in Top 3 YouTube Channels, https://blog.feedspot.com/adhd_youtube_channels/	Jan 23, 2019
“Your Brain’s GPS Is Glitchy: Why Working Memory Fails and How to Bolster It,” <i>ADDitude Magazine</i> article by Steph Alexander: https://www.additudemag.com/working-memory-powers-executive-function/	Dec 31, 2018
“Look at Organization in a New Way,” Guest Post, Parenting ADHD and Autism, http://parentingadhdandautism.com/2018/10/look-at-organization-in-a-new-way/	Oct 23, 2018
“S is for Self-Regulation: Lessons in ADHD Emotional Control from ‘Sesame Street,’” Article, <i>ADDitude Magazine</i> . https://www.additudemag.com/self-regulation-sesame-street-adhd-children/	Jun 15, 2018
“How to Respond When a Loved One is Diagnosed with ADHD,” Article, <i>ADDitude Magazine</i> , https://www.additudemag.com/slideshows/diagnosed-with-adhd-how-to-respond-positively/	Jun 1, 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
- "Let It Out! How Self-Expression Soothes the ADD Brain," Article by Wilma Fellman and Jeff Copper, *ADDitude Magazine*, <https://www.additudemag.com/benefits-of-self-expression-adhd-children-adults/> Apr 23, 2018
- "I Sold My ADHD Medication and Got Caught," Article, *ADDitude Magazine*, <https://www.additudemag.com/medication-diversion-adhd-prescription/> Mar 21, 2018
- "Basic Truths and Observation Skills," Article, *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb 2018 ed., pp. 26-27. Feb 2018
- "Optimal Exercise & ADHD," Article, *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb. 2016 ed., pp. 32-33. Feb 2016
- Surfing Attention*, Electronic publication of original cartoons with a light-hearted look at ADHD. Aug 2015
- "ADHD: Don't Like the Name? There's Still Hope," Article, *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Apr. 2015 ed., pp. 30-31, https://chadd.org/wp-content/uploads/2018/06/ATTN_04_15_DontLikeName.pdf Apr 2015
- If Only You Understood Attention!* – 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
- 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," Article, *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Oct. 2014 ed., pp. 24-25, https://chadd.org/wp-content/uploads/2018/06/ATTN_10_14_Copper_UglyOrganizationalSystems.pdf Oct 2014
- "Help – My Teenager is Under the Influence of Hormones!" Guest Blog published by 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," Article by Dr. Ari Tuckman and Jeff Copper. *Attention Magazine*, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb 2014 ed., page 16, https://chadd.org/wp-content/uploads/2018/06/ATTN_02_14_BORED.pdf Feb 2014
- "Attention Deficit Disorder is not a Deficit of Attention," Guest blog published by Impact ADHD. <https://impactadhd.com/organize-your-life-and-family/attention-deficit-disorder-is-not-a-deficit-of-attention/> Jul 1, 2013
- "ADHD Coaching – Living Left-Handed in a Right-Handed World," Guest blog published by 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