

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

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 quarterly subscription-based digital Newsletter featuring relevant articles from guest writers, blogs, podcasts, industry updates, and current programming on Attention Talk Radio and Attention Talk Video.

ADD Coach Academy – Faculty Coach Instructor 2014-2016
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

Board of Directors, Anthony’s Way – The Road to Kindness Oct 2023-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
Marketing Committee, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD) 2019-2022
Professional Advisory Board, Totally ADD 2017-2020

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 (CPOCC) – Coaches Training Institute 2007
ADD Coach Graduate (ACG) – ADD Coach Academy 2007

PROFESSIONAL MEMBERSHIPS

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 RECOGNITION AND AWARDS

- “7 Insights into the ADHD Brain That Transform Lives,” recognized by *ADDitude* Magazine as one of the Top 25 Webinars and Podcast Episodes of All Time Nov 2, 2023
- The Professional Excellence Award presented by the ADHD Coaches Organization Nov 17, 2022

PROFESSIONAL SPEAKING EXPERIENCE

- “Exploring and Understanding Different Support Systems for Adults with ADHD,” Interview by David Greenwood on the Overcoming Distractions Podcast Apr 6, 2024
- “Fitting the Task to Your Brain: A New Intervention for ADHD,” Presentation at the 2024 Women’s Palooza Summit, sponsored by Linda Roggli, ADDiva.net Apr 1, 2024
- “A New Paradigm to Solve ADHD Problems,” Interview presentation on the 2024 ADHD Toolbox sponsored by Bob Dietrich Mar 19, 2024
- “Cognitive Ergonomics From the Inside Out,” Interview by Robbie Robertson on the Out of the Blank Podcast Mar 5, 2024
- “ADHD: Obvious Things That Are Getting in Your Way,” Webinar Presentation on Crush Your ADHD Summit: Reboot, Reload, Reimagine sponsored by Alan P. Brown Jan 22, 2024
- “Breaking the Discomfort of Agitated Boredom,” Interview by Brooke Schnittman on the SuccessFULL with ADHD Podcast Dec 13, 2023
- “ADHD: Taking a Systems Engineer Approach to Organization,” Presentation at the 2023 International Conference on ADHD in Baltimore MD Dec 2, 2023
- “Why Do I Have Negative Self-Talk and What To Do About It,” Presentation on The ADHD Toolbox Live Summit sponsored by Bob Dietrich Nov 7, 2023
- “ADHD and Emotion Sickness,” TADD Talk sponsored by Attention Deficit Disorder Association (ADDA) Oct 2, 2023
- “ADHD and the Connection Between Thinking and Planning,” Interview by David Greenwood on Overcoming Distractions Podcast Sept 18, 2023
- “Dictate Your Way to Success,” Interview by Brooke Schnittman on the SuccessFULL with ADHD Podcast Sept 13, 2023
- “ADHD and Working Memory,” Guest speaker on the Out of the Blank Podcast sponsored by Robbie Robertson Aug 28, 2023
- “ADHD Insights: The Commotion of Emotion,” Guest speaker on the Crush It at Work/School Summit sponsored by Alan P. Brown Aug 18, 2023
- “ADHD: The Elephant in the Room... Impaired Thinking,” Guest speaker on the 2023 Parents’ Palooza sponsored by ADDiva and ImpactADHD Aug 1, 2023
- “A Fresh Perspective on Executive Functions,” Interview by Dr. David Pomeroy on ADHD Focus Podcast, produced by Web Talk Radio Jul 25, 2023
- “ADHD and Thinking Towards a Goal: Is It an Impairment?” Presentation on On the Right ADHD Trail Telesummit sponsored by Cathy Goett of Goett Focused Jun 16, 2023
- “ADHD and Emotions: What’s All the Commotion?” Presentation on Women’s Palooza sponsored by Linda Roggli, ADDiva.net Mar 16, 2023
- “Casting Your ADHD in a Role to Win an Academy Award,” Guest speaker on the 2023 ADDA Webinar Series sponsored by Attention Deficit Disorder Association (ADDA) Mar 8, 2023
- “Are you following conventional wisdom with your adult ADHD?” interview by David Greenwood on Overcoming Distractions podcast Mar 4, 2023
- “Managing Emotional Self-Regulation,” Interview by Brooke Schnittman and Ali Idriss on ADHD Power Tools, DifferentBrains.org Feb 22, 2023

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| “How to Reboot Your ADHD Brain and Get into the Flow,” presentation on the Alan P. Brown Crush Your ADHD Summit | Jan 23, 2023 |
| “Executive Function & Emotional Self-Regulation,” Interview by Ali Idriss and Brooke Schnittman on ADHD Power Tools, DifferentBrains.org | Jan 19, 2023 |
| “Emotional Self-Regulation,” Interview by Ali Idriss and Brooke Schnittman on ADHD Power Tools, DifferentBrains.org | Jan 4, 2023 |
| “Understanding the Obstacles to Self-Awareness via Dr. Russell Barkley’s Executive Function Construct,” Presentation at the 2022 International Conference on ADHD, Dallas TX | Nov 19, 2022 |
| “Executive Functioning: The Devil is in the Details,” TADD Talk sponsored by Attention Deficit Disorder Association (ADDA) | Oct 4, 2022 |
| “How executive functions play a role in planning, organization, priorities and more,” Interview by David Greenwood on Overcoming Distractions Podcast | Sept 12, 2022 |
| “The R.O.I. of Investing in ADHD and Strengths,” summit presentation on The Executive Function Online Summit for Parents 2022 sponsored by Seth Perler. | Aug 5, 2022 |
| “How are you sabotaging yourself in dealing with ADHD?” Interview by David Pomeroy MD on ADHD Focus podcast, produced by Web Talk Radio | Jul 28, 2022 |
| “Hypersensitivity: What’s Really Going On,” a summit presentation with Terry Matlen on ADHD Parents’ Palooza 2022 sponsored by Linda Roggli of ADDiva.net, and Elaine Taylor-Klaus and Diane Dempster of ImpactParents.com | Jul 28, 2022 |
| “Effective Support Strategies for Students with ADHD (Part 2),” Interview by Simon Currigan on the Beacon School Support Podcast | May 24, 2022 |
| “How do we ‘own’ our ADHD?” Interview by David Greenwood on Overcoming Distractions Podcast | May 21, 2022 |
| “Effective Support Strategies for Students with ADHD (Part 1),” Interview by Simon Currigan on the Beacon School Support Podcast | May 17, 2022 |
| “Mindset Strategies for ADHD,” Interview by Bob Dietrich on The ADHD Toolbox Virtual Event | Apr 26, 2022 |
| “ADHD Coaching with Jeff Copper, PCC,” Interview by Clark Luby on The Coach’s Compass Podcast | Apr 16, 2022 |
| “Anatomy of Organization,” Interview by Ali Idriss and Brooke Schnittman on ADHD Power Tools, DifferentBrains.org | Feb 23, 2022 |
| “7 Insights into the ADHD Brain That Transform Lives,” Guest speaker on the 2022 ADDA Webinar Series sponsored by Attention Deficit Disorder Association (ADDA) | Feb 22, 2022 |
| “Don’t Try Harder, Try Different,” Interview by Judy Brenis on Attention Deficit Disorder Association blog | Feb 8, 2022 |
| “Clarity and Motivation,” Interview by Ali Idriss and Brooke Schnittman on ADHD Power Tools, DifferentBrains.org | Jan 26, 2022 |
| “Activating Your Plans and Getting Stuff Done with ADHD,” Interview by David Greenwood on Overcoming Distractions Podcast | Jan 18, 2022 |
| “Mirror, Mirror on the Wall, What’s So Scary About It All?” Presentation at Nassau County (New York) Chapter of CHADD | Jan 11, 2022 |
| “Mirror, Mirror on the Wall, What’s So Scary About It All?” Presentation at Manhattan Adult ADD Support Group | Dec 7, 2021 |
| “The Top ADHD Coaches,” Interview by Sai Blackbyrn on Coach Foundation blog | Nov 29, 2021 |
| “ADHD: Things That Make You Go Hmmm,” Participant at the 2021 International Conference on ADHD | Nov 5, 2021 |
| “Dr. Russell Barkley’s ADHD Construct: Understanding the Model to Help Those Who Struggle,” Presentation at the 2021 International Conference on ADHD | Nov 4, 2021 |

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| “ADHD, Self-Regulation, and Digital Addiction Awareness,” Presentation on Cathy Goett’s On the Right ADHD Trail Summit for Men with ADHD | Oct 15, 2021 |
| “Fighting Adversity to Get to the Root Cause,” TADD Talk, sponsored by Attention Deficit Disorder Association (ADDA) | Oct 6, 2021 |
| “The Relationship between Uncertainty and Avoidance,” Interview on Kolby Kail Speech Therapy | Oct 5, 2021 |
| “How to Manage Your Working Memory: Working Memory and ADHD,” Interview by Yakini Pierce on ADHD Love 2020 Vlog | Aug 22, 2021 |
| “How ADHD Affects Working Memory,” Interview by Yakini Pierce on ADHD Love 2020 Podcast | Aug 18, 2021 |
| “Dealing with Reflexive Reactions & Emotions,” Interview on Re-Focus Podcast with Angela Stephens | Aug 18, 2021 |
| “What to Look for In an ADHD Coach,” Webinar presentation with Nikki Kinzer on ADHD Parents’ Palooza 2021 sponsored by Linda Roggli, ADDiva.net, and Elaine Taylor-Klaus, ImpactParents.com | Jul 28, 2021 |
| “Is Your Working Memory Working?” Interview on Bob Dietrich’s ADHD Toolbox LIVE event | Jul 20, 2021 |
| “ADHD and Medication: Straight Talk,” Interview on Cathy Rashidian’s Podcast, Proudly ADHD at Work and in Business | Jul 9, 2021 |
| “Why Does It Never Seem to Get Better?” Interview on Rick Green’s Patreon Podcast | Jun 30, 2021 |
| “ADHD and the Power of Meditation, Exercise, Diet, and Sleep,” Interview on David Greenwood’s Overcoming Distractions Podcast | Jun 26, 2021 |
| “Fear and Self Awareness: The Mind’s Mirror,” Guest speaker on the 2021 ADDA Webinar Series sponsored by Attention Deficit Disorder Association (ADDA) | Jun 2, 2021 |
| “How Jeff Copper founded DIG Coaching Practice and Attention Talk Radio,” Interview by Sean McCormick on Earn More Tutoring Podcast | Apr 25, 2021 |
| Presentation at the 2021 Harmonious Family Life Summit hosted by Ulrika Bilby | Apr 19, 2021 |
| “Shifting Your Mindset to Accept Who You Are,” Presentation at the 2021 ADHD Women’s Palooza, hosted by Linda Roggli | Mar 9, 2021 |
| “Emotional Dysregulation and ADHD,” Interview by Cathy Rashidian on Proudly ADHD Podcast | Mar 4, 2021 |
| “Concept of Personal Attribution,” Interview on ENTP Nurture Vlog | Feb 25, 2021 |
| “Understanding Self-Regulation When You Have ADHD,” Interview by David Greenwood on Overcoming Distractions Podcast | Feb 20, 2021 |
| “Is Your Working Memory Working?” Presentation at the LDA 58th Annual International Conference hosted by the Learning Disabilities Association of America | Feb 19, 2021 |
| “Creative Solutions to Common Problems,” Interview by Dr. Ned Hallowell on Distraction Podcast | Jan 19, 2021 |
| “The Science Behind ADHD Memory Challenges,” Interview by Cathy Rashidian on Proudly ADHD Podcast | Jan 14, 2021 |
| “ADHD – Paying attention to your Mindset Matters,” Interview by Cathy Rashidian on Proudly ADHD Podcast | Dec 1, 2020 |
| “ADHD, Self-Awareness, and Daily Life,” Interview by David Greenwood on Overcoming Distractions Podcast | Nov 21, 2020 |
| “Designing a Comprehensive ADHD Fitness Program,” Presentation at the 2020 Virtual International Conference on ADHD: Strong Minds, Healthy Lives, sponsored by ACO, ADDA, and CHADD | Nov 6, 2020 |
| “Is Your Working Memory Working?” Presentation at the 16th Annual ADHD Conference presented by the Canadian ADHD Resource Alliance (CADDRA) of professionals practicing in the field of ADHD | Oct 23, 2020 |
| “ADHD and Motivation in Teens: A Love/Hate Relationship,” Presentation at the ADHD in Middle School Summit hosted by Adrien Harrison | Aug 26, 2020 |
| “Is Your Working Memory Working?” Presentation at the ADHD in Middle School Summit hosted by Adrien Harrison | Aug 24, 2020 |

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| “Executive Function: Is Your Working Memory Working? Understanding a Key System Students Need for Success,” Presentation at The Executive Function Summit hosted by Seth Perler | Aug 21, 2020 |
| “You Mean They’re NOT Really Procrastinating?” Presentation at the 2020 Parents’ Palooza telesummit produced by Linda Roggli, Elaine Taylor-Klaus, and Diane Dempster | Jul 27, 2020 |
| “Using Attention Exercises to Improve Focus,” Presentation at the 10th Annual Succeed with ADHD Virtual Summit, hosted by Laurie Dupar, International ADHD Coach Training Center and Coaching for ADHD | Jun 24, 2020 |
| “Stepping into a Successful Mindset to Help parents of ADHD Children,” Presentation at The ADHD Toolbox 2 telesummit hosted by Bob Dietrich | Mar 2, 2020 |
| “What Women Need to Know about Working Memory and ADHD,” Presentation at the 2020 ADHD Women’s Palooza telesummit produced by Linda Roggli | Feb 24, 2020 |
| “Procrastination: Causes and Cures,” Interview by Rick Green on the Totally ADD Patreon Podcast | Feb 10, 2020 |
| “Simple Strategies to Become a Better Listener,” Interview by Rick Green, Totally ADD Podcast | Feb 7, 2020 |
| “Myths About ADHD – Part 2,” Interview by David Greenwood on Overcoming Distractions Podcast | Feb 3, 2020 |
| “Is Your Working Memory Working?” Presentation at the ADHD in Middle School Summit hosted by Adrien Harrison | 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 | 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 | Nov 19, 2019 |
| “Is Your Working Memory Working?” Presentation at the 2019 International Conference on ADHD, Philadelphia PA | Nov 9, 2019 |
| “On the Right ADHD Trail Telesummit 2019,” Presentation, produced by Cathy Goett, Goett Focused TADD Talk, “Is Your Working Memory Working? Presented by Attention Deficit Disorder Association for the 2019 Annual International Conference on ADHD, “Better Together” | Oct 11, 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 | 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 | Sept 16, 2019 |
| “What Parents Need to Know about Working Memory and ADHD,” Presentation at the 2019 Parents Palooza Telesummit produced by Linda Roggli | Jul 30, 2019 |
| “Basic ADHD Truths That Most Miss,” Presentation at the Succeed with ADHD Telesummit produced by Laurie Dupar | Jul 16, 2019 |
| “How the Brain Creates Motivation in Teens with ADHD,” Presentation at the 2019 Parenting ADHD Summit produced by Penny Williams | Jun 17, 2019 |
| “Digital Assistants: The Future of ADHD Support?” Interview by CHADD National Research Center, published online, ADHD Weekly, Mar 14, 2019. | Mar 14, 2019 |
| “Getting Nominated for an ADHD Academy Award,” Presentation at the 2019 Women’s Palooza with Linda Roggli | Feb 28, 2019 |
| “Overcome Your Procrastination,” Interview, Distraction Podcast with Dr. Ned Hallowell. | Feb 26, 2019 |
| “Impact of ADHD on Sports and Exercise,” Presentation at the 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 | Oct 23, 2018 |
| “3 Insights to Help You Get It Right,” Presentation Video for ADHD Awareness Month | Oct 17, 2018 |

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| “Boredom and Its Impact on Those with ADHD,” Presentation at the 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 |
| “The Lure (and Benefits) of Exercise and Sports for ADHD Kids,” Presentation at the ADHD Parent Palooza telesummit produced by Linda Roggli and ADDiva | Aug 24, 2018 |
| “ADHD Working Memory and Overcoming Project Procrastination,” Presentation on 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,” Interview by Dr. Charles Parker on CoreBrain Journal | May 27, 2018 |
| “ADHD, Exercise, Mindfulness, and the Obvious,” Interview by Elaine Taylor-Klaus. Produced by Impact ADHD | May 14, 2018 |
| “Finishing Projects, Transitions, and Working Memory with Adult ADHD,” Interview by Lynne Edris produced by ADHD Support Talk Radio | May 3, 2018 |
| “Is Your Working Memory Working with Adult ADHD/ADD?” Presentation, ADHD Support Talk Radio with Lynne Edris | Apr 25, 2018 |
| “How One Dyslexic Sees the World, with Jeff Copper,” Video produced by Your ADHD Life with Dr. Kirsten Milliken | 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 | 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 | 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 | Jun 2, 2016 |
| “Coaching for ADHD” Interview by David Pomeroy MD, produced by Web Talk Radio | Apr 25, 2016 |
| “Maybe you are paying attention to the wrong thing!” Presentation on How to Connect with Your Inner Guidance, Trust Your Values and Parent with Conviction and Confidence telesummit produced by Valarie Carlene | Apr 10, 2016 |
| “How to Utilize Mindset and Environment to Achieve Success,” Presentation. The Behavioral Shift Telesummit produced by Julie and Dana Lewis | Apr 8, 2016 |
| “Kids Who Think Differently & How the Brain Works,” 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 | 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 | Feb 2, 2016 |

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| “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 | 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) | Jul 29, 2015 |
| “What’s a Strength?” Presentation, ADDiva Webinar facilitated by Linda Roggli | Jun 15, 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 | 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) | 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 | 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 | Jul 31, 2012 |

PUBLISHED PAPERS & OTHER MEDIA

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| <i>The ADHD Medication Story: Its History and the Basics</i> , an eBook relating Jeff Copper’s interview with John I. Bailey, Jr., MD, as an easy-to-understand primer about ADHD medication options | Mar 27, 2023 |
| “8 Illuminating Insights Into ADHD: Making Sense of Your Brain,” Article, <i>ADDitude</i> Magazine | Jan 4, 2023 |
| “Insights on ADHD and Executive Functioning. (A Thinking Impairment),” <i>Attention</i> Magazine, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Dec 2022 ed., Vol 29, No. 6 | Dec 2022 |
| Promotional Video on behalf of the Brazil ADHD Conference for the First International Portuguese Language ADHD Congress | Oct 2022 |
| “Embrace Miscellaneous Organization for Your Ideas,” <i>Attention</i> Magazine, Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Apr 2020 ed., Vol 29, No. 2 | Apr 2022 |
| <i>ADHD: The Gift of Hope</i> , an eBook compiling Jeff Copper’s interviews of Edward M. Hallowell MD and Russell Barkley PhD, on the ADHD gift or curse debate | Jul 26, 2021 |

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| “Look at Organization in a New Way,” guest blogpost published on Parenting ADHD and Autism produced by Penny Williams. | Jun 13, 2021 |
| <i>ADHD Genius: The Dr. Russell Barkley Interview Collection</i> , a carefully curated series of five eBooks, each focusing on a common theme for adults with ADHD in a compilation of Jeff Copper’s interviews of Dr. Russell Barkley, discussing science-based information on ADHD | Mar 1, 2021 |
| Mention in book, <i>ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction-from Childhood through Adulthood</i> by Edward M. Hallowell and John J. Ratey (Ballantine Books) | Jan 12, 2021 |
| “Keeping Organized Goes Beyond a Task List,” Article with co-author Carey Heller, PsyD. <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity disorder (CHADD), Oct 2020 ed., Vol 27, No. 5, pp. 34-35. | Oct 1, 2020 |
| “Help – My Teenager is Under the Influence of Hormones!” Guest blog published by Impact ADHD produced by Elaine Taylor-Klaus. | Aug 3, 2020 |
| “Counterintuitive ADHD Coaching Marketing Insights,” Webinar with Jeff Copper and Jodi Sleeper-Triplett, sponsored by the ADHD Coaches Organization | Jun 17, 2020 |
| “Attention Deficit Disorder is not a Deficit of Attention,” Guest blog published by Impact ADHD produced by Elaine Taylor-Klaus. | Jun 2, 2020 |
| “ADHD, Productivity, and Working from Home,” <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Jun 2020 ed., Vol 27, No. 3, pp. 22-23. | Jun 1, 2020 |
| “What Can You Do about Boredom at a Time Like This?” Article by Dr. Ari Tuckman and Jeff Copper, Blogpost published on CHADD.org | May 20, 2020 |
| “ADHD, Isolation, and Boredom,” Article by Dr. Ari Tuckman and Jeff Copper, blog post published on CHADD.org | May 19, 2020 |
| “Foraging for Information,” <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Apr 2020 ed., Vol 27, No. 2, pp. 30-31. | Apr 1, 2020 |
| “Procrastination and ADHD,” video post on Totally ADD blog, “The Relationship Between Procrastination and ADHD.” | Feb 4, 2020 |
| “Is Your Working Memory Working?” Article published in ADHD Coaches Organization <i>Weekly News and Updates</i> | Jan 6, 2020 |
| “Do Allergies Affect ADHD Treatment?” <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Aug 2019 ed., Vol. 26, No. 4, pp. 24-25. | Aug 2019 |
| Attention Talk Video Named in Top 3 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 with references to Jeff Copper and Dr. Russell Barkley | Dec 31, 2018 |
| “Look at Organization in a New Way,” Guest Post, Parenting ADHD and Autism | Oct 23, 2018 |
| “S is for Self-Regulation: Lessons in ADHD Emotional Control from ‘Sesame Street,’” Article, <i>ADDitude Magazine</i> . | Jun 15, 2018 |
| “How to Respond When a Loved One is Diagnosed with ADHD,” Article, <i>ADDitude Magazine</i> | Jun 1, 2018 |
| “5 Attention Exercises for ADHD, Weight Management & Self-Regulation,” Blog Post, DIG Coaching Practice. | Apr 27, 2018 |
| “Let It Out! How Self-Expression Soothes the ADD Brain,” Article by Wilma Fellman and Jeff Copper, <i>ADDitude Magazine</i> | Apr 23, 2018 |
| “I Sold My ADHD Medication and Got Caught,” Article, <i>ADDitude Magazine</i> | Mar 21, 2018 |
| “Basic Truths and Observation Skills,” Article, <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb 2018 ed., Vol. 25, No. 1, pp. 26-27 | Feb 2018 |
| “Optimal Exercise & ADHD,” Article, <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb. 2016 ed., Vol. 23, No. 1, pp. 32-33 | Feb 2016 |

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| <i>Surfing Attention</i> , 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, <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Apr. 2015 ed., Vol. 22, No. 2, pp. 30-31 | Apr 2015 |
| <i>If Only You Understood Attention!</i> – Electronic film/video workshop that takes the viewer through attention in an anatomy construct created to provide a more powerful way to observe one’s attention | 2014 |
| <i>The “Perfect Career” for ADHD</i> . Participant in digital video work produced by Totally ADD | Nov 2014 |
| “Ugly Organizational Systems,” Article, <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Oct. 2014 ed., Vol. 21, No. 5, pp. 24-25 | Oct 2014 |
| “Help – My Teenager is Under the Influence of Hormones!” Guest Blog published by Impact ADHD Produced by Elaine Taylor-Klaus | May 12, 2014 |
| <i>To Tell or Not to Tell?</i> Participant in digital video work produced by Totally ADD | Mar 2014 |
| “How to Deal with ADHD and Boredom,” Article by Dr. Ari Tuckman and Jeff Copper. <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), Feb 2014 ed., page 16 | Feb 2014 |
| “Attention Deficit Disorder is not a Deficit of Attention,” Guest blog published by Impact ADHD. | Jul 1, 2013 |
| “ADHD Coaching – Living Left-Handed in a Right-Handed World,” Guest blog published by JST Coaching, produced by Jodi Sleeper-Triplett | Mar 5, 2012 |
| <i>365+1 Ways to Succeed with ADHD</i> (2011, Laurie Dupar), participating author | 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

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