

**Sandra L. Maynard, M.S.**

**Curriculum Vitae**

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**ACADEMIC EXPERIENCE**

Master of Science, Health Psychology, Walden University, Minneapolis, Minnesota,  
GPA 4.0, 2006

Bachelor of Science, Biology, Secondary Education, Keuka College, Keuka Park, New  
York, 1972

**PROFESSIONAL EXPERIENCE**

Health and Wellness Coach, Washington, DC (2006-present)

- Develop individualized health and wellness plans
- Provide structure, support and feedback for implementation and maintenance of health and wellness goals
- Facilitate motivational strategies for sustained behavioral change

Owner of Catalytic Coaching, Washington, DC (1990-present)

- Pioneered the field of AD/HD coaching by designing and implementing one the country's first AD/HD Coach Training Programs (description available at [www.sandymaynard.com](http://www.sandymaynard.com))
- Coach adolescents and adults on a wide range of personal, professional and academic goals
- Specialize in life skill coaching for individuals with attention deficit/hyperactivity disorder (AD/HD)

Columnist for ADDitude Magazine and Website, New York, NY (2000-present)

- Write "Coach on Call" column providing readership with life skill strategies to cope with AD/HD effectively and lead happier, healthier lives
- Provide consulting expertise to ADDitude magazine on wellness, time management, organization, life skills and AD/HD coaching issues
- Respond to reader questions for "Ask the Expert" section of website and magazine
- Critique newly published books on AD/HD and write book reviews for magazine

Professional Performance Coach, U.S. Department of Agriculture, Washington, DC,  
(2007)

Professional Performance Coach, U.S. Securities and Exchange Commission,  
Washington, DC, (2006)

Academic Coach Trainer/Consultant, University of Idaho, Moscow, ID (2003)

AD/HD Coach Trainer, Ra'anana, Israel (2001)

Job Coach Trainer, SW Cook County Cooperative Association, Oak Forest, IL (1990)

Coaching Consultant, About.com, "Ask Coach Sandy" column (1999)

Academic Coach Trainer/Consultant, Area Education Agencies, Burlington, IA  
(1998)

Academic Coach Trainer/Consultant, Mitchell College, New London, CT (1998)

Wellness Coach, Wellness Center, Hanover, MA (1998)

Stress Management Instructor, Veteran's Administration Shelter, Northampton, MA (1996-1997)

Chemistry Supervisor and Medical Technologist, Franklin Medical Center, Greenfield, MA (1972-1990)

- Performed intern, student and new employee training and supervision
- Wrote departmental policies and procedures
- Served as inter-departmental liaison
- Responsible for state and federal regulatory compliance and quality control

### **COMMUNITY AND INTERNATIONAL SERVICE**

Tsunami relief worker, Habitat for Humanity, Batticaloa, Sri Lanka (2005)

Fundraiser, Leukemia Drive, NW Neighborhood, Washington, DC (2004)

Fundraiser and rider, New York to Boston Ride for AIDS, Boston, MA (1996-1999)

Adult Group Facilitator, Hampshire County Chapter of Children and Adults with AD/HD (CHADD), Northampton, MA (1996-1998)

Fundraiser, Friends of AIDS CARE/Hampshire County, Northampton, MA (1996-1998)

### **PROFESSIONAL SERVICE**

Founding Board Member, Institute for the Advancement of AD/HD Coaching (IAAC), Washington, DC (2005-2007)

- Presided over the development and definition of IAAC's coaching competencies and ethical guidelines
- Chaired committee development of grandfathering procedure and certification process

Board Member/Committee Chair, The National Association for Adults with AD/HD (ADDA), Pottstown, PA (2001-2003)

- Presided over the development of AD/HD coaching guidelines
- Chaired committee development of coaching ethics

Professional Advisory Board Member, International Guiding Consult, AD/HD Stitching, Rotterdam, The Netherlands (2000-2002)

Board Member, Education-a-Must, Manchester, NH (2000-2002)

Board Member, Hampshire County CHADD, Northampton, MA (1997-1998)

Credentials Committee, International Coach Federation, Washington, DC (1997-1998)

- Provided committee with research on credentialing issues
- Participated in development of grandfathering procedure and credentialing standards

### **CERTIFICATIONS**

Senior Certified AD/HD Coach, Institute for the Advancement of AD/HD Coaching, received October 24, 2007

Master Practitioner of Neurolinguistic Programming (NLP), The New England Institute for NLP, Amherst, MA, received December 15, 1996. Certificate #9687

Practitioner of Ericksonian Hypnotherapy, The New England Institute for NLP, Amherst, MA, received February 25, 1996. Certificate #9614  
Practitioner of NLP, The New England Institute for NLP, Amherst, MA, received October 1, 1995. Certificate #9582

### **HONORS AND AWARDS**

Athena Award in Recognition of Excellence in Mentoring, Overland Park, KS (1998)  
Katherine Gillette-Blyley Scholar Award, Keuka College, Keuka Park, NY (1971)

### **PUBLICATIONS**

Maynard, S. L. (2012, Fall). Ask The Experts. *ADDitude*, 13(1),10.  
Maynard, S. L. (2012, Fall). Book Review: Succeeding With Adult ADHD, Abigail Levrini, PhD and Francis Prevatt PhD. *ADDitude*, 13(1), 14.  
Maynard, S.L. (2012, Summer). Too much information: The more stuff you filter out, the more you'll enjoy what you allow in. *ADDitude*, 12(4), 30.  
Maynard, S. L. (2012, Spring). Contributor Chat. *ADDitude*, 12(3), 8.  
Maynard, S. L. (2012, Spring). Ask The Experts. *ADDitude*, 12(3),10.  
Maynard, S. L. (2011, Winter). Contributor Chat. *ADDitude*, 12(2), 6.  
Maynard, S. L. (2011, Fall). Contributor Chat. *ADDitude*, 12(1), 8.  
Maynard, S.L. (2011, Fall). Friends on your terms: Three ADD-Friendly strategies for socializing when you want to. *ADDitude*, 12(1), 28-29.  
Maynard, S. L. (2011, Summer). Contributor Chat. *ADDitude*, 11(4), 8.  
Maynard, S. L. (2011, Summer). Ask The Experts. *ADDitude*, 11(4),10.  
Maynard, S.L. (2011, Summer). Defeating indecision: Strategies for getting our ADHD brains to be more decisive. *ADDitude*, 11(4), 30.  
Maynard, S.L. (2011, Summer). Organization: It's the little things. *ADDitude*, 11(4),42.  
Maynard, S. L. (2011, Spring). Contributor Chat. *ADDitude*, 11(3), 6.  
Maynard, S. L. (2011, Spring). Ask The Experts. *ADDitude*, 11(3), 8.  
Maynard, S.L. (2011, Spring). Win over your critics: Learn to turn your harshest judges into your biggest supporters. *ADDitude*, 11(3), 24-25.  
Maynard, S. L. (2010, Winter). Contributor Chat. *ADDitude*, 11(2), 6.  
Maynard, S. L. (2010, Winter). Ask The Experts. *ADDitude*, 11(2), 9.  
Maynard, S.L. (2010, Winter). Worry cures: Six tips to stop anxiety from stopping you. *ADDitude*, 11(2), 34.  
Maynard, S. L. (2010, Summer). Ask The Experts. *ADDitude*, 10(4), 10.  
Maynard, S.L. (2010, Spring). Give better phone: Talking points for dealing with those intimidating calls. *ADDitude*, 10(3), 32-33.  
Murphy, K., Ratey, N., Maynard, S., Sussman, S., and Wright, S. (2010, March). Coaching for ADHD. *Journal of Attention Deficit Disorder*. 13(5), 546-552.  
Maynard, S.L. (2009, Fall). Making peace with your clutter: If you are in control of your mess, just learn to live with it. *ADDitude*, 19(1), 30-31.  
Maynard, S. L. (2009, Summer). Ask The Experts. *ADDitude*, 9(4), 8.  
Maynard, S. L. (2009, Summer). Book Review: More Attention, Less Deficit, Ari Tuckman, Psy.D. *ADDitude*, 9(4), 14.  
Maynard, S.L. (2009, Spring). Tell all? When you should and shouldn't spill the beans to the boss about your ADHD – and when you must. *ADDitude*, 9(4), 44-46.

- Maynard, S.L. (2009, Spring). Short-fuse strategies: If you get defensive for no reason – or overact when there is one – try these anger-management tips. *ADDitude*, 9(3), 49-50.
- Maynard, S. L. (2008, Winter). Ask The Experts. *ADDitude*, 9(2), 8.
- Maynard, S.L. (2008, Winter). Laugh off your ADD: Finding humor in your missteps reduces stress and helps you bounce back from adversity. *ADDitude*, 9(2), 59.
- Maynard, S. L. (2008, Fall). Ask The Experts. *ADDitude*, 8(6), 12.
- Maynard, S.L. (2008, Fall). Six ways to get started: Proven tips that will help you begin projects you'd rather not do. *ADDitude*, 8(6), 51-52.
- Maynard, S. L. (2008, Summer). Ask The Experts. *ADDitude*, 8(5), 8.
- Maynard, S.L. (2008, Summer). Tame Time: A coach and her ADD clients team up to create planners that will also work for you. *ADDitude*, 8(5), 54-55.
- Maynard, S.L. (2008, Spring). The simple life: Eight strategies to keep our wonderful enthusiasm in check. *ADDitude*, 8(4), 52-53.
- Maynard, S.L. (2007, November). Happy holidays, really! *ADDitude*, 8(2), 51-52.
- Maynard, S. L. (2007, September). How to find your dream job. *ADDitude*, 7(6), 72-73.
- Maynard, S. L. (2007, May). Getting things done. *ADDitude*, 7(5), 55.
- Maynard, S. L. (2007, March). Keep it cool. *ADDitude*, 7(4), 44.
- Maynard, S. L. (2007, January). Holiday spending success. *ADDitude*, 7(3), 51-52.
- Maynard, S. L. (2006, November). Shop 'till you drop no more. *ADDitude*, 7(2), 51-52.
- Maynard, S. L. (2006, September). Open mouth, insert foot. *ADDitude*, 7(1), 45.
- Maynard, S. L. (2006, July ). Get packing. *ADDitude*, 6(6), 52-53.
- Maynard, S. L. (2006, May). Deadlines don't have to be deadly. *ADDitude*, 6(5), 51-52.
- Maynard, S. L. (2006, March). What ever happened to gold old single-tasking? *ADDitude*, 6(4), 46-47.
- Maynard, S. L. (2006, January). Budget basics for the financially challenged. *ADDitude*, 6(3), 52-53.
- Maynard, S. L. (2006, November). The goof-proof guide to holiday entertaining. *ADDitude*, 6(2), 55.
- Maynard, S. L. (2005, September). Ask ADDitude in the news. *ADDitude*, 6(1), 10.
- Maynard, S. L. (2005, July). High-tech helpers: Seven nifty gadgets that make life easier for people with AD/HD. *ADDitude*, 5(6), 51-52.
- Maynard, S. L. (2005, May). Go ahead, make a mess: "Controlled sprawling" boosts your productivity without driving resident neatniks over the edge. *ADDitude*, 5(5), 55-56.
- Maynard, S. L. (2005, March). Little fibs that cause big trouble. *ADDitude*, 5(4), 51-52.
- Maynard, S. L. (2005, March). Raising the bar. *ADDitude*, 5(4), 39.
- Maynard, S. L. (2005, January). Harden your resolve. *ADDitude*, 5(3), 51-52.
- Maynard, S. L. (2004, November). The art of juggling: How to manage family and career when you and your child have AD/HD. *ADDitude*, 5(2), 51-53.
- Maynard, S. L. (2004, September). Mom's school survival guide. *ADDitude*, 5(1), 55-57.
- Maynard, S. L. (2004, July). You do the math, and you can, with these helpful tips from our coach! *ADDitude*, 4(6), 45-47.
- Maynard, S. L. (2004, May). Clutter clean-up. *ADDitude*, 18-20.

- Maynard, S. L. (2004, March). Worried? Read this. *ADDitude*, 4(4), 25-27.
- Maynard, S. L. (2003, October). What's next? Making life plans after college. *ADDitude*, 4(2),47.
- Maynard, S. L. (2003, August). Ten keys to conquering AD/HD in the office. *ADDitude*, 4(1),16.
- Maynard, S. L. (2003, June ). Get out and stay out (Of debt)! *ADDitude*, 3(6), 48.
- Maynard, S. L. (2003, April). Don't forget your family. *ADDitude*, 3(4), 48.
- Maynard, S. L. (2003, February). Helpful hints for stay-at-home humans. *ADDitude*, 3(3), 25.
- Maynard, S. L. (2002, December). Ten ways to cheer yourself up on a down day. *ADDitude*, 3(3), 27.
- Maynard, S. L.(2002, June). Move your body: 7 Steps for slugs. *ADDitude*, 2(6), 47.
- Maynard, S. L. (2001, Fall). Consider a coach. *Hyper-talk*, 5(2), 6.
- Maynard, S. L. (2001, August). How to relax. *ADDitude*, 13.
- Maynard, S. L. (1999, March). ADD coaching: Catalyst for success. *The ADD/ADHD Gazette*.
- Maynard, S. L. (1999, Spring). Coaching. *Many Hands: New England's Wellness Publication*, 30.
- Maynard, S. L. (1999, Winter). Can I coach my best friend? *In Focus: AD/HD Wellness Newsletter*, 3-4.
- Maynard, S. L. (1999). A.C.T. now: A three part model for coaching. *Internet Special Education Resources (ISER)* <http://www.iser.com/ACTarticle.html>.
- Maynard, S. L. (1998-99, Winter). Finding success through coaching: You don't have to go it alone. *The Network Exchange*. 10-11.
- Maynard, S. L. (1997). *A.C.T. now: An organizational skill and motivational workbook for adults with attention deficit disorder*. Northampton, MA: Squiggly Press.
- Maynard, S. L. (1997, Winter). Three phases of coaching: From discovery to action. *The Inquiry, The CTI Newsletter*, 6.
- Maynard, S. L. (1997, September). Invest in your best: Personal performance coach can help. *Boston Herald, HR Today*, <http://www.jobfind.com/hrtoday/viewpoint827.html>.
- Maynard, S. L. (1997, Summer). Coaching with NLP. *Being in Action: The Journal of Professional and Personal Coaching*, 7, 1-2.
- Maynard, S. L. (1997, July). Increase your coaching effectiveness with NLP. *Professional Coach*, 2(4), 1.
- Maynard, S. L. (1997, Spring). Feeling stuck? A personal coach can help you reframe your life. *Many Hands: New England's Wellness Publication*, 18-19.
- Maynard, S. L. (1997, Spring). Neuro-linguistic programming and its applications for ADD coaches. *Coaching Works: The American Coaching Association Newsletter*, 6.
- Maynard, S. L. (1997, Spring). Using NLP to organize the ADDer. *NAPO News*, 4.

## **PROFESSIONAL PRESENTATIONS**

- Martinez, J. B., & Maynard, S. L. (2005, May). *Power connections! How the AD/HD coach can quickly and effectively create trust and intimacy in their coaching relationships*. Seminar presented at the 11<sup>th</sup> annual ADDA National Conference, Tucson, AZ.
- Martinez, J. B., & Maynard, S. L. (2004, October). *Power connections! Quickly build rapport and understanding*. Seminar presented at the 16<sup>th</sup> annual CHADD International Conference, Nashville, TN.
- Maynard, S. L. (November, 2012). *Procrastination: Understanding the causes and reducing the consequences*. Seminar presented at the 24<sup>th</sup> annual CHADD International Conference, San Francisco, CA
- Maynard, S. L. (October, 2012). *Getting organized one pile at a time*. Webinar presented for ADDConnect.com  
<http://www.additudemag.com/guidetoadhdawareness.html>
- Maynard, S. L. (September, 2012). *Productive procrastination: How and when to use it well*. Webinar presented for ADDA  
[http://archive.aweber.com/adda\\_newsletter/9qbKl/h/ADDA\\_webinar\\_tonight\\_.htm](http://archive.aweber.com/adda_newsletter/9qbKl/h/ADDA_webinar_tonight_.htm)
- Maynard, S. L. (November, 2011). *ADHD Go ahead, make a mess*. Broadcast presented for Attention Talk Radio.  
<http://www.blogtalkradio.com/attentiontalkradio/2011/11/17/adhd-go-ahead-make-a-mess>
- Maynard, S. L. (June, 2011). *ADHD Tips for managing time*. Broadcast presented for Attention Talk Radio.  
<http://www.blogtalkradio.com/attentiontalkradio/2011/06/09/adhd-tips-for-managing-time>
- Maynard, S. L. (November, 2010). *Curbing impulsivity: Coaching strategies that work*. Seminar presented at the 22<sup>th</sup> annual CHADD International Conference, Atlanta, GA
- Maynard, S. L. (2005, November). *Time management and organization for the ADDer*. Seminar presented at CHADD of Greater Baltimore, Chapter #168, Cockeysville, MD.
- Maynard, S. L. (2004, May). *The basics of coaching: What to expect*. Seminar presented at the 10<sup>th</sup> annual ADDA National Conference, St. Louis, MO.
- Maynard, S. L. (2003, October). *Coaching 101: What is coaching and how do I choose one?* Seminar presented at the 15<sup>th</sup> annual CHADD International Conference, Denver, CO.
- Maynard, S. L. (2003, October). *Motivation: Inspiration for self-actualization*. Seminar presented at the 15<sup>th</sup> annual CHADD International Conference, Denver, CO.
- Maynard, S. L. (2003, March). *Time Management for the ADDer*. Presented at the International AD/HD Coaching Conference, Baltimore, MD.
- Maynard, S. L. (2002, May). *Clutter control: A three step model for organization*. Seminar presented at the 8<sup>th</sup> annual ADDA National Conference, Chicago, IL.
- Maynard, S. L. (2002, March). *The seven deadly sins of time management*. Seminar presented at CHADD of Greater Baltimore, Chapter #168, Cockeysville, MD.

- Maynard, S. L. (2001, May). *Hold that thought: Simple visualization exercises to improve your memory*. Workshop presented at the 7<sup>th</sup> annual ADDA National Conference, Seattle, WA.
- Maynard, S. L. (2000, May). *AD/HD coaching: What it is and what it isn't*. Seminar presented at the 6<sup>th</sup> annual ADDA National Conference, Atlanta, GA.
- Maynard, S. L. (2000, May). *Time management and organization*. Seminar presented at the Northern Virginia CHADD chapter monthly meeting, Fairfax, VA.
- Maynard, S. L. (2000, April). *AD/HD coaching*. Seminar presented at the Greater Washington/Baltimore National Association of Professional Organizers (NAPO) Chapter meeting, Baltimore, MD.
- Maynard, S. L. (2000, March). *Time management and organization*. Seminar presented at the Washington, DC CHADD chapter monthly meeting, Washington, DC.
- Maynard, S. L. (2000, January). *AD/HD coaching*. Seminar presented at the Kingsbury Center, Washington, DC.
- Maynard, S. L. (1999). *Coaching the ADDer*. Seminar presented at the annual NAPO National Conference, Cherry Hill, NJ.
- Maynard, S. L. (1999). *ADD coaching*. Seminar presented at the Learning Disabilities Network Annual Spring Conference, Boston, MA.
- Maynard, S. L. (1999, March). *Organization and the ADDer*. Presented at the Greater Washington/Baltimore NAPO Chapter meeting, Baltimore, MD.
- Maynard, S. L. (1998). *ADD coaching*. Seminar presented at the Multidisciplinary Disability and Empowerment Conference, Rochester, NY.
- Maynard, S. L. (1998). *ADD coaching*. Seminar presented at the 10<sup>th</sup> annual CHADD International Conference, New York, NY.
- Maynard, S. L. (1998). *This old coach: Opening the coach's tool box*. Facilitated roundtable at the 4<sup>th</sup> annual ADDA National Conference, Washington, DC.
- Maynard, S. L. (1997). *Design your own vision*. Seminar presented at the Professional and Personal Coaches Association International Conference, Atlanta, GA.
- Maynard, S. L., & Ratey, N. (2001, October). *What does everybody else know that I don't?* Seminar presented at the 13<sup>th</sup> annual CHADD International Conference, Anaheim, CA.
- Maynard, S. L., Ratey, N., & Sleeper-Triplett, J. (2007, November). *Mastering AD/HD coaching challenges*. Seminar presented at the 19<sup>th</sup> annual CHADD International Conference, Washington, DC.
- Maynard, S. L., Ratey, N., & Sleeper-Triplett, J. (2006, October). *AD/HD Coaching: What you always wanted to know, but were afraid to ask*. Seminar presented at the 18<sup>th</sup> annual CHADD International Conference, Chicago, IL.
- Maynard, S. L., & Seay, B. (2002, May). *Set some D.A.M.N. goals*. Seminar presented at the 8<sup>th</sup> annual ADDA National Conference, Chicago, IL.
- Maynard, S. L., & Sleeper-Triplett, J. (2005, October). *Advanced coaching skills for coaching adults with AD/HD: Beyond the basics*. Workshop presented at the 17<sup>th</sup> annual CHADD International Conference, Dallas, TX.
- Maynard, S. L., Ratey, N., & Sleeper-Triplett, J. (2004, October). *Coaching skills for AD/HD professionals*. Workshop presented at the 16<sup>th</sup> annual CHADD International Conference, Nashville, TN.

- Maynard, S. L., & Sleeper-Triplett, J. (2003, October). *Coaching: Strategies and tools for the experienced AD/HD coach*. Roundtable facilitated at the 15<sup>th</sup> annual CHADD International Conference, Denver, CO.
- Maynard, S. L., & Sleeper-Triplett, J. (2002, October). *Create an ideal conference experience*. Workshop presented at the 14<sup>th</sup> annual CHADD International Conference, Miami, FL.
- Ratey, N., Anderson, L., Giwerc, D., Johnson, M. J., Sussman, S., & Maynard, S. L. (2001, May). *Introducing the ADDA guiding principles of AD/HD coaching*. Seminar presented at the 7<sup>th</sup> annual ADDA National Conference, Seattle, WA.
- Ratey, N., Anderson, L., Giwerc, D., & Maynard, S. L. (2002, May). *AD/HD coaching proficiencies: The discipline and the art*. Seminar presented at the 8<sup>th</sup> annual ADDA National Conference, Chicago, IL.

### **INTERVIEWS RADIO/TV**

- Maynard, S. L. (2002, August). *Getting students organized and ready for school*. (audio recording). Parent's Perspective Radio Show, Washington, DC.
- Maynard, S. L. (2001, August). *AD/HD coaching*. (audio recording). Voice of America Radio, Washington, DC.
- Maynard, S. L. (1999, September). *Coach Sandy*. (video recording). WWLP News 22, Springfield, MA.
- Maynard, S. L. (1998, June). *Coaching: What's in it for you?* (radio cassette). WFCR Public Radio, Amherst, MA.
- Maynard, S. L., & Seay, B. (2000, September). *Ritalin controversy*. (radio cassette). WTOP Radio station, Washington, DC.

### **INTERVIEWS NEWSPRINT/MAGAZINES**

- Tartakovsky, M. (2012, July). ADHD Experts: What I Wish I Knew When I Was Diagnosed. *Psychcentral*.  
<http://psychcentral.com/blog/archives/2012/07/31/adhd-experts-what-i-wish-i-knew-when-i-was-diagnosed/>
- Tartakovsky, M. (2012, July). ADHD Experts: What I Wish I Knew When I Was Diagnosed. *Psychcentral*.  
<http://psychcentral.com/blog/archives/2012/07/31/adhd-experts-what-i-wish-i-knew-when-i-was-diagnosed/>
- Shulte, B. (2011, May 1). Scattered. *The Washington Post Magazine*.
- Tartakovsky, M. (2011, June). ADHD Coaching: 9 Tips to Find the Right Coach. *Psychcentral*, <http://psychcentral.com/lib200/adhd-coaching-9-tips-to-find-the-right-coach/>
- Tartakovsky, M. (2011, December). 32 of the Best Ways to Get Organized When You Have ADHD. *Psychcentral*, <http://psychcentral.com/lib2011/32-of-the-best-ways-to-get-organized-when-you-have-adhd/>
- Tartakovsky, M. (2011). How to Overcome Common Financial Pitfalls When You Have ADHD. *Psychcentral*, <http://psychcentral.com/lib2011/how-to-overcome-common-financial-pitfalls-when-you-have-adhd/>

- Tartakovsky, M. (2012, June). 12 Best Tips for coping with ADHD. *Psychcentral*.  
[Hhttp://psychcentral.com/blog/archives/2012/06/07/12-best-tips-for-coping-with-adhd/](http://psychcentral.com/blog/archives/2012/06/07/12-best-tips-for-coping-with-adhd/)
- Tartakovsky, M. (2011, May). Should You Tell Your Boss that You Have ADHD?  
*TherapyNook*,  
<http://www.thebeverlyhillstherapist.com/therapynookblog/index.php?id=7857738127211269381>
- Tartakovsky, M. (2011, February). Tax Prep for People With ADHD: What to Do Now.  
*Psychcentral*, <http://psychcentral.com/blog/archives/2011/02/21/tax-prep-for-people-with-adhd-what-to-do-now/>
- Tartakovsky, M. (2010). ADHD and Productivity: 12 Strategies for Getting Things Done.  
*Psychcentral*, <http://psychcentral.com/lib2010/adhd-productivity-12-strategies-for-getting-things-done/>
- Tartakovsky, M. (2010). 10 Ways to Find New Motivation and Rise Above Roadblocks.  
*Psychcentral*, <http://psychcentral.com/lib2010/10-ways-to-find-new-motivation-and-rise-above-roadblocks/>
- Tartakovsky, M. (2009). Living with Attention Deficit Hyperactivity Disorder.  
*Psychcentral*, <http://psychcentral.com/lib2009/living-with-attention-deficit-hyperactivity-disorder/all/1/>
- Berry, P. (2008, Fall). I'm my own magic bullet: An entrepreneur learned to work with – and around – his ADD to increase his profits and his happiness.  
*ADDitude*, 8(6), 27-29.
- Benvenuto, C. (1996, December 11). Making change: Workshops for women in transition. *Hampshire Gazette*, p. B10.
- Dean, T. (1998, January 24). Personal coaching: Getting on track. *The Greenfield Recorder*, B11-12.
- Gilman, L. (2005, October 30). All jumbled up. *Time Magazine Generations*.  
<http://www.time.com/time/generations/article/0,9171,1124323,00.html>
- Horan, L. (1999, Summer). AD/HD coaching: Empowering people to succeed.  
*Attention*, 12-15.
- Smith, B. (1997, May 19). Couch potato pioneers as coach: Woman leads way in new career field. *Hampshire Union News*, B1-2.
- Wells, B. (1998, January 23). 'Not lazy, stupid or crazy': New class helps adults with ADD. *Amherst Bulletin*. B2.
- Zajac, B. (1997, April 25). Networking prevails at market '97. *Hampshire Union News*. B7, B10.

## REFERENCES

- Dan Kelleher, LPC, CEO of Executive Addictive Disease Programs, Inc., Washington, DC, (202) 362.2588
- Dennis Rosen, M.D., Amherst, MA, (413) 259-1777
- Edward Hallowell, M.D., The Hallowell Center, Sudbury, MA, (978) 287-0810
- Richard Waite, Ph.D., Professor of Psychology, Walden University, (740) 657-1460