

**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