

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

Session Leader, Members Sessions, PAAC Support Lab Live Presentation, Professional Association for ADHD Coaches Jan 2026
Steering Committee and Panelist, National Leadership Summit for the Appropriate Use of ADHD Treatments 2025-Present
Disability Inclusion Advisory Board, CareSource Management Svc Apr 2024-Present
Board of Directors, Anthony’s Way – The Road to Kindness Oct 2023-Present
ICF Neurodiversity Inclusion Panel May 2022
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

SERVICE MARKS AND INTELLECTUAL PROPERTIES

Cognitive Ergonomics From the Inside Out® Service Mark. Registration Number 7,877,654. Registered August 5, 2025. Education services, namely, providing live and on-line classes, seminars, or workshops in the field of cognition and executive function. Aug 5, 2025
 AttentionScope®. Service Mark. Registration Number 6,977,719. Registered February 14, 2023. Life coaching services in the field of executive function provided online, in person, and by phone. Feb 14, 2023

PROFESSIONAL SPEAKING EXPERIENCE

"Is Cognitive Ergonomics the Missing Link in ADHD Motivation?" interview on the ADHD-ish Podcast hosted by Diann Wingert Mar 3, 2026
 "Accommodations That Reduce Cognitive Load and Restore Motivation," interview on the Beautifully Complex Podcast hosted by Penny Williams Feb 26, 2026
 "Managing ADHD Though Conversation, Not Willpower," interview on the Impact Parents Podcast hosted by Elaine Taylor-Klaus and Diane Dempster Feb 25, 2026
 "Real World Strategies," interview on One-to-One with Griffin Rouse Brightmont Academy Podcast Feb 13, 2026
 "Motivation Can Be Engineered with Adaptive Accommodations, presentation at the Crush It at Work and School Summit presented by Alan P. Brown Jan 26, 2026
 "Cognitive Ergonomics, Motivation & Kindness," video presentation sponsored by Anthony's Way: Road to Kindness Jan 16, 2026
 "Finding Motivation with Jeff Copper," interview on ADHD Focus Podcast hosted by David Pomeroy MD Dec 30, 2025
 "ADHD: Accommodations Hidden in Plain Sight," Presentation at the 2025 International Conference on ADHD in Kansas City MO Nov 15, 2025
 "Managing Non-MEDS (Meditation, Exercise, Diet, Sleep) – Presentation at the 2025 ADHD Couples' Palooza hosted by Linda Roggli and ADDiva.net Nov 8, 2025
 "ADHD Accommodations Hidden in Plain Sight," presentation sponsored by Anthony's Way: Road to Kindness Summit Oct 28, 2025
 "ADHD solutions Hidden in Plain Sight," Webinar presentation hosted by Nassau County Chapter of Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) Oct 21, 2025
 "ADHD: Accommodations Hidden in Plain Sight," 2025 TADD Talk sponsored by Attention Deficit Disorder Association (ADDA) Oct 17, 2025
 "One of the Most Overlooked Accommodations for ADHD," interview by David Greenwood on Overcoming Distractions Podcast Oct 17, 2025
 "Unlocking ADHD Success," interview by Griffin Rouse on One-to-One: The Brightmont Academy Podcast Oct 10, 2025
 "The Hidden Power of Asking for Help with ADHD," interview by Jami Shapiro, host of the Grandma Has ADHD Podcast Sep 25, 2025
 "Why ADHD Strategies Often Don't Work," presentation at the ADHD Coaches Organization (ACO) Enrichment Series Sep 23, 2025

"The Blinding Flash of the Obvious: ADHD Accommodations," presentation on the 2025 Crush It at Work & School Summit hosted by Alan P. Brown	Aug 25, 2025
"ADHD: Accommodations Hidden in Plain Sight," Webinar presentation sponsored by Attention Deficit Disorder Association (ADDA)	Aug 20, 2025
"ADHD Solutions: A New Understanding of Executive Function Accommodation," interview by Lynne Edris ACG, host of the ADHD Support Talk Podcast	Jul 22, 2025
"Talk It Out: How ADHD Brains Solve Problems," Interview by Dr. David Pomeroy, host of the ADHD Focus Podcast	Jul 18, 2025
"A Seasoned Coach Introduces a New Intervention for ADHD," interview by Rabbi Shmuel Reich, host of the <i>ADHD Heroes Podcast</i>	Jul 17, 2025
"An ADHD Truth Hidden in Plain Sight," Interview by Brooke Schnittman, host of <i>SuccessFULL with ADHD Podcast</i>	Jun 25, 2025
"ADHD Accommodations Hidden in Plain Sight," Webinar Presentation, sponsored by Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)	May 13, 2025
Panelist Presentation at the National Leadership Summit for the Appropriate Use of ADHD Treatments, Summit Series #2: Multifaceted Approaches	Apr 29, 2025
"Why Strategies Don't Work," Presentation at the 2025 ADHD Women's Palooza hosted by Linda Roggli and ADDiva.net	Mar 18, 2025
"Own Your ADHD: What a Relief," Presentation at the 2025 ADHD 2025 Online Conference, sponsored by ACO, ADDA, and CHADD	Mar 7, 2025
"ADHD Accommodations: The Future is Bright," Presentation at the 2025 Unlocking ADHD Summit hosted by Penny Williams and Beautifully Complex, Inc.	Mar 5, 2025
"Never Too Late for Lightbulbs," Interview by Jami Shapiro on <i>Grandma Has ADHD Podcast</i>	Feb 27, 2025
"Self, Let's Be Honest! Better Self-Awareness = More Success," Presentation at the 2025 Crush Your ADHD Summit hosted by Alan P. Brown	Jan 27, 2025
"ADHD Relationships, Communications, and Working Memory: What You Need to Know," Presentation at the 2025 ADHD Couples' Palooza Summit hosted by Linda Roggli, ADDiva.net	Jan 10, 2025
"ADHD and Thinking: The Great Escape," Presentation at the 2024 International Conference on ADHD in Anaheim CA	Nov 15, 2024
"ADHD Reimagined: Executive Functions from the Inside Out," Interview by Brooke Schnittman on the <i>SuccessFULL with ADHD Podcast</i>	Nov 13, 2024
"ADHD and Thinking: The Great Escape," Webinar presentation sponsored by Attention Deficit Disorder Association (ADDA)	Nov 6, 2024
"ADHD Problem-Solving and Externalized Thinking," Interview by Dave Delaney on <i>Wise Squirrels Podcast</i>	Oct 23, 2024
"Mirror, Mirror on the Wall, What's So Scary About It All?" ADHD Toolbox Telesummit sponsored by Bob Dietrich	Oct 16, 2024
"ADHD and Problem-Solving: The Great Escape," TADD Talk sponsored by Attention Deficit Disorder Association (ADDA)	Oct 3, 2024
"A New Paradigm to Solve ADHD Problems," Presentation to General Meeting of CHADD of Nassau County, New York	Sep 10, 2024
"ADHD and Problem-solving: The Great Escape," Presentation on the 2024 Crush It at Work & School Summit hosted by Alan P. Brown	Aug 26, 2024
"Cognitive Boot-Up: What Parents Need to Know," Presentation on The 2024 Executive Function Online Summit (TEFOS) hosted by Seth Perler	Aug 10, 2024

“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
“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
Panelist on ICF Neurodiversity Inclusion in Coaching	May 10, 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
“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
“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 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
“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
"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

“ADHD and Focus Fitness,” <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder CHADD), June 2025 ed., Vol 32, No. 3. Co-Authors Copper, J. & Zylowska, L. pp. 32-33.	June 2025
<i>The Impact of Not Taking ADHD Medications</i> , an eBook presenting Jeff Copper’s interview with Rick Green in a clear, accessible format, exploring the consequences of foregoing ADHD medications in the ongoing debate around stimulant medications.	Apr 2025
<i>Long-Term Effects of Stimulant Medications</i> , an eBook curated from Jeff Copper’s conversation with Dr. Andrew Cutler designed as a resource to support informed decision-making about ADHD treatment.	Feb 2025
“The ADHD Dream to Dream,” <i>Attention Magazine</i> , Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), June 2024 ed., Vol 31, No 3	Jun 2024
<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 Magazine</i>	Jan 4, 2023
“Insights on ADHD and Executive Functioning, (A Thinking Impairment),” <i>Attention Magazine</i> , 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 Magazine</i> , 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
"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
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Attention Talk Video Named in Top 3 YouTube Channels	Jan 23, 2019
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“ADHD Coaching – Living Left-Handed in a Right-Handed World,” Guest blog published by JST Coaching, produced by Jodi Sleeper-Triplett	Mar 5, 2012
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