



Each day's sessions will be released at 9 am EDT that morning and expire at 12 pm EDT the following day. Video and audio will be available at no cost for 27 hours.

Monday, April 1, 2024

- **ADHD in Older Adults: It's time to pay attention!** with David W. Goodman, M.D.
- **Overcoming the ADHD Approval Trap** with Sharon Saline, Psy.D
- **Your ADHD Ally Can Make or Break Your Success at Work!** with Stacey Machelles
- **Fitting the Task to Your Brain: A New Intervention for ADHD** with Jeff Copper, MBA, PCC, PCAC, CPCC, ACG
- **Coaching Yourself Through ADHD – Sage Advice from Top ADHD Coaches** with Elaine Taylor-Klaus, MCC, CPCC, and Diane Dempster, CPC, PCC, MHSA
- **Leaning Into Our Energy, Passion, and Fulfillment After a Late-In-Life ADHD Diagnosis** with Kate Moryoussef

Tuesday, April 2, 2024

- **ADHD, Clutter and Hoarding** with Roberto Olivardia, Ph.D.
- **Throw The Made-Up Rules in The Trash!** with Patricia Sung
- **Unraveling the Tapestry of Generational ADHD** with Laurie Dupar, MSN, RN, PCC, CALC
- **Unmasking Your Gremlins: Managing Your Negative Thoughts** with Mindy Schwartz Katz, LCSW
- **How To Use ChatGPT to Skyrocket ADHD Productivity and Executive Function** with Bob Dietrich
- **ADHD in Girls and Women** with Julia C. Schechter, Ph.D.

Wednesday, April 3, 2024

- **Fibromyalgia, Overlapping Chronic Pain Syndromes, and ADHD** with Michael Lenz, M.D.
- **The Paradoxes of High Achieving and Executive ADHD Women** with Farah Jamil, MHA, CEC, CALC, ACC
- **2023 State of Women and ADHD Town Hall: Results** with Michelle Harris Price
- **6 Small and Easy Mini-Systems that Get BIG Results** with Alan P. Brown
- **Tummy Time” et al Could Connect the Gaps in Your ADHD Brain!** with Alma Galvan
- **ADHD, Dysgraphia, and Why is My Handwriting So Bad?** with Cheri Dotterer, MS, OTR/L

Thursday, April 4, 2024

- **Identifying the Glass Balls: The Art of Juggling a Startup with Three ADHD Co-Founders** with Adi Diner, Ph.D.
- **ADHD Stigmas, Myths, and Plain Ol' Lies: Let's Get it Straight** with Terry Matlen, LMSW
- **ADHD Basics: The Tripod Approach to Living Your Best ADHD Life** with David P. Pomeroy, M.D.
- **ADHD and Trauma: What is EMDR for ADHD?** with Noelle Lynn, LMSW, ADHD-CCPS
- **How to Advocate for What You Need as a 2e Adult in the Workplace** with Julie F. Skolnick, M.A., J.D.
- **Neurodiversity in the Workplace – Inclusive Practices to Reach Full Potential** with Charlotte Hughes MS, CDP, SHRBP, CPLP

Friday, April 5, 2024

- **Should You Change It or Accept It?** with Ari Tuckman, PsyD
- **Neuronormativity and Neuroqueering** with Pasha Marlowe, MFT
- **Hate Conflict? Untangle it with the Three Rs of ADHD Relationships** with Tamara Rosier, Ph.D.
- **Your ADHD Menopause Journey** with Linda Roggli
- **Managing Stages of Grief with an ADHD Perspective** with Jodi Sleeper-Triplett, MCC, SCAC, BCC
- **Motivation Hacks: Innovative Strategies for Inattentive ADHD Brains** with Aron Croft M.S.
- **The ADHD Diabetes Connection** with Nicole DeMasi Malcher, MS, RDN, CDCES