



ADHD Women's Palooza 2026

Viewing Window for All Daily Sessions

Sessions for each day will be released at **12:00 PM ET** and will remain available until **3:00 PM ET the following day**.

This provides a **27-hour viewing window**, and sessions may be watched anytime during that period.

Time Zone Converter

<https://www.thetimezoneconverter.com/>

Monday – March 16, 2026

Sari Solden, MS, LMFT

How the Inner Work of ADHD Helps Us Navigate Life's Most Difficult Challenges

Melissa Orlov

I'm Angry... Now What?

William Dodson, MD

RSD and Emotional Control in ADHD

Annette Lang, C.A.L.C., MBA

Become a B.E.A.S.T. at Managing Your Money – the ADHD Friendly Way!

Linda Roggli, PCC

ADHD Menopause – What to Expect Before & After

Tuesday – March 17, 2026

Ellen Littman, PhD

Too Many Balls to Juggle: The Courage and Commitment of Moms with ADHD

Julie F. Skolnick, M.A., J.D.

Loneliness in the Gifted and Distractible Population

Linda Walker, PCC

Stop Fighting Your Brain: How Women with ADHD Can Use Energy Management to Beat Inconsistent Focus, Overwhelm, and the Hormonal Wild Card

Alan P. Brown

Crush Procrastination: Surprising Science. Simple Solutions

Daniella Karidi, PhD

Is It My Memory, My Gender, or My ADHD That Led Me to Forget? A Nuanced Look at Attribution, Expectations, and Self-Blame

Wednesday – March 18, 2026

Karen Alberts Saporito, PhD

ADHD & Autism Overlap in Women

Terry Matlen, LMSW

Shame on Me: Breaking the Cycle of Self-Blame

Jeff Copper, MBA, PCC

Motivation Aha! Now I Get It!

Elaine Taylor-Klaus, MCC, CPCC & Diane Dempster, CPC, PCC

Thriving in a “Mixed Marriage”: Navigating Neurodiverse Partnerships, Entrepreneurship, and Friendship

Kimberly McKinnies

Stop Getting Ghosted: The ADHD Friendly Job Search

Thursday – March 19, 2026

Lyne Piché, PhD

Sensory Issues, Sex, and ADHD

Dr. Debbie Collaros

Flipping the Script: A Strengths-Based Approach to Helping ADHD Women in the Workplace

Roberto Olivardia, PhD

ADHD and Sleep Apnea

Nikki Kinzer, PCC

Opportunity Cost: Making Peace with What Gets Left Behind

Dr. Ali Perkinson

Dollars, Dopamine, and the Invisible Load: How ADHD Impacts Women’s Mental Health Through Money and Emotional Labor

Aron Croft, M.S.

You're Not Lazy or Losing It: Why Smart Women 60+ Get Stuck in Clutter and Unfinished Projects (and How to Finally Change)

Friday – March 20, 2026

Tracey Bromley Goodwin, M.Ed.

The Missing Piece to Make ADHD Your Genius™

Sharon Saline, PsyD

Dating with ADHD: Tools for Confident Conversations and Real Connection

Heidi Fishbein, PCC

Untangle Your Thoughts: Breaking Free from the Stories That Are Keeping You Stuck

Ari Tuckman, PsyD

Yes, You Are Allowed to Disappoint People

IngerShaye Colzie, LSW, MCW

“Too Much” or Not Enough? Deconstructing ADHD for Black Women

Roger DeWitt, MCAC, PCC, MAPP

The Elephant in the Room: Can AI Really Coach ADHD?

Saturday – March 21, 2026

Pink Ticket Event (Upgrade Event – Not Included with Free Registration)

Live Interactive Session

 **12:00 – 4:00 PM ET**

Join us live for a special **Pink Ticket community event** featuring short conversations, Q&A, and connection with several Palooza experts.

Ask questions directly, hear additional insights from the speakers, and connect with the ADHD women’s community in real time.

Pink Ticket access is a paid upgrade and is not included with the free Palooza registration.

[**Upgrade to the Pink Ticket Event**](#)

Featured Experts

12:15 PM **Terry Matlen, LMSW** — *The Self-Blame Cycle*

12:45 PM **Heidi Fishbein, PCC** — *Untangling Thoughts*

1:20 PM **Alan P. Brown** — *Crushing Procrastination*

1:40 PM **Jeff Copper, MBA, PCC** — *ADHD Motivation*

2:10 PM **Tracey Bromley Goodwin, M.Ed.** — *ADHD Strengths*

2:50 PM **Dr. Ali Perkinson** — *ADHD & Money*

3:15 PM **Karen Alberts Saporito, PhD** — *ADHD & Autism in Women*