



## Speaker, Author and ADHD Success Coach

Enlightens individuals diagnosed with ADD/ADHD and struggling entrepreneurs to finally understand how their brain works, minimize their challenges and get things done!

**Laurie Dupar,**  
PMHNP, RN, PCC

### Are you struggling or succeeding in life?

***“If you are not succeeding, it doesn’t mean there is something wrong with you...just something wrong with the way you are trying to do it!”*** says ADHD Success Coach Laurie Dupar, a coach who has built her life around finding creative strategies to build a business, raise a family and get out the door on time in the morning. The co-author and editor of *365+1 Ways to Succeed with ADHD* and *Unlock the Secrets to Your Entrepreneurial Brain Style*, Laurie understands the complicated inner workings of the ADHD and entrepreneurial brains and teaches alternative ways of accomplishing goals and minimizing challenges so individuals feel the satisfaction of their progress. You will leave her presentations full of ideas, tips and strategies suited to your brain style— all of which will help launch you into the next level of business, academics and relationships.

**Keynotes, Workshops, Breakouts, Retreats and Seminars**  
Laurie can customize her presentation to meet your group’s needs:

**The Top Three ADHD Medication Pitfalls & How to Avoid Them** Do you wonder if your ADHD medication is the right one for you? Are you still not sure if it is “working”? Using her nine years of experience and expertise as a psychiatric nurse practitioner and ADHD coach, Laurie answers these and other questions about why your ADHD medication might not be working and what you can do about it. Get the answers you need so you can make informed decisions and choose what is right for you.

**Manage Your ADHD Entrepreneurial Brain Style: Unleash the Productivity & Profitability in Your Business** Have you ever felt out-of-control and scattered in your business? Do you ramble aimlessly in the pursuit of success, not checking much of anything off your to-do list? Laurie shares the same useful and practical strategies that led to the success of her own six figure business. She explains how to use innate strengths and minimize challenges so you can get things done, end each day with a feeling of accomplishment and retake control of your own business.

**Have You Reached Your ADHD Tipping Point?** Are you suddenly overwhelmed, stuck or left feeling like your life has been derailed? You might have reached your tipping point, that place where the strategies you have used to manage your ADHD are no longer working. You’ll leave this talk recognizing the five warning signs that might mean you have reached your tipping point and learn how to get your life back on track.

**ADHD Healthy Lifestyle** With so much information out there about how to best manage your ADHD, do you wish you could sort through the confusion and pull out strategies that actually help you succeed? In this to-the-point presentation, Laurie condenses over nine years of working with ADHD into six of the most effective ways to minimize the challenges and maximize the strengths of ADHD, so you can get back to the living the life you deserve.

### Best Fit Audiences:

ADHD groups, Academic settings, Physician groups, Entrepreneurial and Business groups

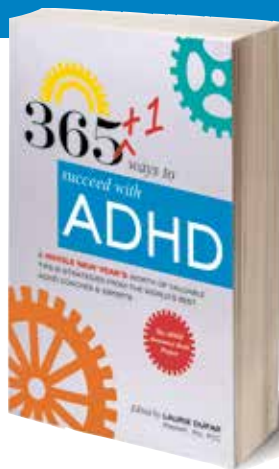
**Past Speaking Engagements:** Virtual AD/HD Conference, Children and Adults with Attention Deficit Disorder (CHADD), International Coach Federation (ICF), ADHD Coaches Organization (ACO), Attention Deficit Disorder Association (ADDA), Succeed with ADHD Telesummits

*"Laurie, my head is full of all these ideas and information. I just finished listening to your presentation, and it was very interesting. It has been a week of inspiration for me--many suggestions have already been applied. The last two days have been the best two days in my life for years!" ~Jane Patrick*

*"I meet all kinds of people with a creeping sense that their attention is out of whack. Laurie's work is perfect for a daily dose of awareness for the diagnosed ADDer, the self-diagnosed, and those who are ADDish or chronically disorganized. You'll love it for its practicality and humor." ~Judith Kolberg, Author, Conquering Chronic Disorganization and ADD-Friendly Ways to Organize Your Life*

### About Laurie Dupar:

Laurie Dupar, Senior Certified ADHD Coach and trained Psychiatric Nurse Practitioner, combines her coaching and medical training to offer a specialized perspective for clients that is rooted in an understanding of how the unique ADHD brain works and a deep appreciation for the gifts that come along with it. Through individual/group coaching, live speaking, and her published work, she helps clients and their loved ones incorporate effective strategies that utilize their innate brain traits so they experience success. She is the co-author and editor of *365+1 Ways to Succeed with ADHD* and author of *Unlock the Secrets to Your Entrepreneurial Brain Style*. For more information, please visit <http://www.coachingforadhd.com>.



**365+1 Ways to Succeed with ADHD: A WHOLE NEW YEAR'S WORTH OF VALUABLE TIPS & STRATEGIES FROM THE WORLD'S BEST ADHD COACHES & EXPERTS** is a manual for success for every ADHDer...

In this second edition, experts and coaches in the field of ADHD have once again contributed valuable tips and strategies to help people with ADHD succeed. Within these pages there is something for every reader—that one tip, strategy, resource or idea that will be the answer you are most needing in this moment to deal with attention, restlessness, tasks and distractions... from the moment you wake up to the hours you are trying to fall asleep.

### Reviews for 365+1 Ways to Succeed with ADHD:

*"Laurie Dupar has done it again! Full of wit and wisdom in bite-sized pieces what more could someone with ADHD want? Like a box of the finest assorted chocolates. Brilliant and varied tips from some of the best in the ADHD field. Short enough to be read and appreciated even by those who hate to read. Love it!"*

~Michele Novotni, Ph.D. ADHD Expert;



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**COACHING**  
FOR  
**ADHD**