



Laurie Dupar, PMHNP, RN, PCC

Speaker, Author and ADHD Success Coach

Specializes in working with persons and entrepreneurs diagnosed with ADD/ADHD to minimize their challenges, maximize their strengths and get things done!

Coaching for ADHD | IACTCenter

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 who uses creative strategies to build her six-figure coaching business, launch four young adults and become director of the International ADHD Coach Training Center. Editor of the #1 best selling Amazon series *ADHD Awareness Book Project* and author of *Unlock the Secrets to Your Entrepreneurial Brain Style*, Laurie understands the complicated workings of the ADHD/entrepreneurial brains and teaches alternative ways of accomplishing goals and minimizing challenges. You’ll leave her presentations full of ideas and strategies suited to your unique brain wiring to help you reach the next level of your business, life, 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 unique experience and expertise as a Psychiatric Nurse Practitioner and ADHD Coach for the past fifteen years, Laurie answers these and other questions about why your ADHD medication might not be working and what you can do about it.

Manage Your ADHD Entrepreneurial Brain Style: Unleash the Productivity & Profitability in Your Business Ever felt out-of-control, spinning and scattered in your business as if you’re rambling aimlessly in the pursuit of success and still not checking 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: tap into your innate strengths, end each day with a feeling of accomplishment and retake control of your business.

Have You Reached Your ADHD Tipping Point? Suddenly overwhelmed, stuck and feel like your life has been derailed? You might have reached your tipping point, where the strategies you used to manage your ADHD are no longer working. You’ll leave this talk recognizing 5 warning signs that might mean you have reached your tipping point and how to get your life back on track.

Normal Aging, ADHD or Alzheimer’s: How to Know You’re Not Going Crazy Has your brain become a “cerebral ghost town”? Forgetting names, dates, past events? Do you wonder if you are losing your mind or going crazy? All of us experience forgetful, fuzzy moments, particularly during high stress, and as we grow older. How do you know if this increased forgetfulness is just the tip of the iceberg? Find out how to tell when fuzzy thinking is simply part of normal aging or when might it be indicative of ADHD or something more serious.

Keep Motivated and Moving Forward in Your Coaching Business Have problems staying focused on what needs to get done to grow your coaching business? Does your motivation wane? Frustrated and disappointed because you don’t follow through? Enjoying a sustainable and growing ADHD Coaching business requires action or progress stops dead in its tracks. Stop the frustration, exhaustion and disappointment of not having the coaching business you want and start enjoying entrepreneurial success. This session gives you concrete strategies and “secret sauce” tips for getting motivated, moving forward and getting it done.

Positive Qualities of ADHD Learning about the negative impact of ADHD is easy! But what about the positive qualities of ADHD?? Like creative problem solving, hyperfocus and sense of humor! If you're tired of hearing only the symptoms and instead want to know secrets to success, this session is for you. Learn about the other side of ADHD and discover the strengths and gifts that come with having this particular brain style.

Self Publish a Bestseller: Boost your Business and Your Bottom Line! Laurie Dupar, trained Psychiatric Nurse Practitioner, author and editor of five Amazon.com #1 bestsellers, will share keys to self-publishing success including the importance of choosing the right title and topic along with how to leverage the book for your business. This presentation is designed for entrepreneurs at any stage in their business who want to understand the overall process of writing your own book and how to maximize the benefits of self-publishing.

How to Not Have a Starving, Late, Smelly College Student As parents, you want your college bound student to be prepared and they are scholastically. But what about those equally important skills needed to navigate living on their own? In this session, Laurie Dupar, shows you how to stay out of the nag zone as you coach your teen to develop essential life skills to help them transition to college fully prepared.

How to Get the Most Out of Your ADHD Coaching ADHD Coaching is a highly effective way for people to identify how ADHD is effecting their lives, set goals, learn tools and strategies to overcome obstacles and review progress—quite a lot to tackle in only a weekly fifty minute session. Laurie offers tips on how to make the most out of your coaching session so you reap the benefits and experience the change and growth you want.

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 Telesummit

"Laurie's work is perfect 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

"Thank you for the excellent ACO session. It was truly stellar. As always, you put together a comprehensive, thoughtful presentation of the material that was perfectly fitted to the time allowed. Additionally, the whole day was well paced, dynamic and engaging. Kudos for modeling the material so well." ~ Andrew Akre, ADHD Coach

About Laurie Dupar:

At Coaching for ADHD, Laurie Dupar, Senior Certified ADHD Coach, Certified Mentor Coach and trained Psychiatric Nurse Practitioner, combines her coaching and medical training to offer specialized ADHD Coaching for clients that is rooted in an understanding of how the ADHD brain works and a deep appreciation for the gifts that come along with it. She is the creator and editor of the *ADHD Awareness Book Project* and author of *Brain Surfing & 31 Other Awesome Qualities of ADHD* and *Unlock the Secrets to Your Entrepreneurial Brain Style*.

In 2015 she founded the International ADHD Coach Training Center (IACTCenter) where she trains and mentors emerging ADHD Coaches to help them build a successful and profitable coaching business they love. For more information, please visit <http://www.coachingforadhd.com> and <http://www.iactcenter.com>.

