

CURRICULUM VITAE

JODI SLEEPER-TRIPLETT, MCC, SCAC, BCC

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PERSONAL PROFILE

Founder and CEO of JST Coaching, LLC - Designs and implements coach training programs for individuals, groups, academic institutions, and organizations around the world with expertise in neurodiversity. Provides coach mentoring and supervision for aspiring and experienced coaches and one-on-one coaching services for children, teens, college students, adults, and their families.

PRESENTATION/FACILITATION/TRAINING EXPERIENCE:

- Developer and Trainer, Coaching Skills for Professionals – Neurodiversity and Wellness Coaching. November 2022.
- Presenter, Webinars on Neurodiversity in Coaching, Microaggressions, and Coaching 101. April – October 2022
- Trainer, Student Success Coaching Skills. Various educational institutions. March- November 2022
- Presenter, *The Future of Coaching in Disability Resources*. AHEAD Conference. July 2022
- Presenter, *Embodying a Coaching Mindset*, AHEAD Conference. July 2022
- Trainer, *Student Success Coaching Skills*. Pima Community College. August 2021
- Presenter, *Discover the Joy of Student & ADHD Coaching*. Leadership that Works India. July 2021
- Presenter, JST Higher Education Webinar – *Beyond Covid: Learn How Coaching Helps Students*. July 2021
- Presenter, CHADD Ask-The-Expert Series, *Your Next Steps: College and Career Prep for Young Adults with ADHD*. March 2021.
- Presenter, *Learn Coaching Skills to Enhance Your Effectiveness with Students*, Syracuse University, October 2020
- Trainer, *Shifting to a Social Justice Mindset*, October 2020
- Presenter, *Building Strong Relationships in A Virtual World*, AHEAD Conference, July 2020.
- Presenter, *Discover the Joy of Student & ADHD Coaching*, Leadership that Works India. May 2020
- Presenter, ADDitude Magazine Webinar, *Quaran-Teens with ADHD: Troubleshooting Learning, Motivation and Organizational Problems*, April 2020
- Presenter, *Ask, Don't Tell. Using Powerful Coaching Questions to Increase Student Self-Reliance*. AHEAD Conference, July 2019.
- Presenter, *The Dance of Coaching – How to Support Parents Who Want to Cut In?* AHEAD Conference, July 2019.
- Co-Presenter, *Emerging Evidence for the Effectiveness of ADHD Coaching*, Annual Conference on ADHD., October 2018.
- Presenter, *Inclusive Excellence: Transforming Student Success through Strengths-Based Coaching Strategies and Shifting from "I Can't" to "I Can't Yet": Coaching Strategies to Promote Equity and Excellence in all Students*, AHEAD Conference, July 2018.
- Presenter, APSARD Annual Conference. *Emerging Evidence for the Effectiveness of ADHD Coaching* January 2018.
- Co-Facilitator and Presenter, *Calling in Power & Culture Summit*, Toronto, Canada. September 2017.

- Presenter, *Experience the Impact of Academic Coaching, a Tool to Increase Success and Self-Determination in Students* AHEAD Conference, July 2017.
- Presenter, ADHD Professionals Conference, *Coaching Students and Parents, Demonstration & Discussion*, April 2017.
- Presenter, *Fostering Student Self-Determination and Enhancing Learning through Coaching*. CHADD, November 2016.
- Presenter, *The Core Competencies through the Lens of ADHD Coaching*, ICF Philadelphia Professional Day, October 2016.
- Panelist, *Coaching Panel for FS Retirees*, Foreign Service Institute, October 2016.
- Presenter, *Fostering Student Self-Determination and Enhancing Learning through Coaching*, 12th International Congress about ADHD - Fundación Cultural Federico Hoth-Proyectodah, Mexico City, Mexico, September 2016.
- Presenter, *The Benefits of ADHD and Life Skills Coaching*, NF Family Day, National Institutes of Health, September 2016 Pre-Conference Co-Presenter, *Promoting Self-Determination: A Key to Resilience, Retention and Post-Graduation success*. AHEAD Conference, July 2016.
- Presenter, *Fostering Student Self-Determination and Enhancing Learning through Coaching*, AHEAD Conference, July 2016.
- Pre-Conference Speaker, *What Floats Your Boat? Refining Your Coaching Niche for Joy and Success*, ACO Conference, April 2016.
- Keynote Speaker, PACER 10th Annual Symposium, Minneapolis, MN, July 2015.
- Trainer, *School-Based Coach Training*, Edge Foundation, August 2015.
- Keynote Speaker, *Expanding our Horizons Creating Opportunities for Diversity in Coaching*, ACO Conference, May 2015.
- Plenary Speaker, AHEAD Management Institute, February 2015.
- Presenter, Transitions Conference, Lynn University, January 2015.
- Course Developer and Trainer, JST Coaching & Training 2004-present
- Preconference presenter, *Beyond Accommodations: An In-Depth Look at ADHD/EF/LD Coaching*. CHADD, November 2014.
- Trainer, *School-Based Coach Training*, Edge Foundation, October 2014.
- Presenter, *Increase Resiliency & Well-Being in Young Adults and College Students with ADHD*, NAPO Metro DC Chapter, September 2014.
- Presenter, *Increase Resiliency & Well-Being in Young Adults and College Students with ADHD*, ADDA Annual Conference, July 2014.
- Presenter, *Accessing Student Potential through Coaching*, AHEAD Conference, July 2014.
- Presenter, *Increase Your Resiliency and Well-Being & Improve Your Life!* ADDA Webinar, April 2014.
- Presenter, *Executive Functioning Strategies to Empower Your Child*. ACPS Parent Resource Center, January 2014.
- Presenter, *The Resilient ADHDER: How to Bounce Back from Stress and Transitions*, ADDitude Webinar, December 2013.
- Presenter, *ADHD Coaching for Educators and Students - Overcome Your Challenges*, NYS AHPERD 76th Annual Conference, November 2013.
- CHADD Annual International Conference, November 2013.
 - Presenter, *Increase Resiliency & Well-Being with ADHD Coaching*
 - Facilitator, Coaching Networking Session
- Presenter, *Tips for Transitioning to College*, 2013 ADHD Awareness Expo, October 2013.
- Speaker and Trainer. *Coaching Teens & College Students with ADHD*. Istanbul, Turkey, October 2013.

- Presenter, *ADHD Informational Seminar for Parents*. Istanbul Turkey, October 2013
- Presenter, *Beyond Accommodations: An In-Depth Look at ADHD/EF/LD Coaching*, AHEAD Conference, July 2013.
- Trainer, 3-Day Intensive Training: *Coaching Teens & College Students with ADHD*, Flint Hill Prep School, April 2013.
- Presenter, *The Challenges of Life Transition for Young Adults with ADHD*, ADD Resources, January 2013.
- Presenter, *Empowering Youth with ADHD: Coaching Toward Success*, NYS AHPERD 75th Annual Conference, November 2012.
- Presenter, *Making your ADHD Coaching Practice Work for You and Your Clients with Nancy A. Ratey and ADHD Coaching – A Family Affair*, 24th Annual International Conference on ADHD, November 2012.
- Presenter, *Coaching Youth and Adults with ADHD - An Empowering Process*, NOVA CHADD Conference: ADHD Across the Lifespan, October 2012.
- Presenter, *Social Skills Issues for Teens & Young Adults*, 2012 ADHD Awareness Expo, October 2012
- Presenter, *Managing the Challenges of Life Transitions for Young Adults with ADHD*, 5th Annual Virtual ADHD Conference, October 2012.
- Presenter, *Empowering Youth with ADHD: Coaching Toward Success*, 1st Annual UVU Symposium on ADHD, September 2012.
- Presenter, *Coaching Youth and Adults with ADHD, Accomplishment Coaching*, September 2012.
- Presenter, *Student ADHD Coaching at Impact ADHD's 1st Tele-Summit*, August 2012.
- Presenter, *Empowering Youth with ADHD: Coaching Toward Success*. Recovery Coaches International teleseminar, July 2012.
- Presenter, *The Challenge of Life Transitions for Young Adults with ADHD: Coaching Can Help*. CHADD Regional Educational Conference, May 2012.
- Speaker and Trainer, *Coaching Teens & College Students with ADHD*. Istanbul, Turkey, March 2012.
- Trainer, *Coaching Skills Training*. Ocean County Community College, February 2012.
- Presenter, *Empowering Youth With ADHD: Coaching Toward Success*. ADDResources Webinar, January 2012.
- CHADD Annual Conference, November 2012.
 - Presenter, *Empowering Youth With ADHD: Coaching Toward Success*.
 - Facilitator, Coaching Networking Session.
- Presenter. *Coaching Strategies for Overwhelmed Families: Bring Back Balance*. CHADD of Northern Virginia, November 2011.
 - Trainer, *Coaching Skills Training*. Northern Virginia Community College, September 2011-January 2012.
- Trainer, *Coaching Teens & College Students with ADHD*, 3-Day Format. September 2011.
- Trainer, *Coaching Skills Workshop*. Woodberry Forest School, Woodberry Forest, VA, August 2011.
- Guest Speaker, *Empowering Youth With ADHD. Succeed with ADHD Telesummit*, June 2011.
- Presenter, *Masterful Coaching*. ADHD Coaches Organization, 4th Annual Conference, April 2011.
- Presenter, *Effectiveness of Coaching for Children & Teens with ADHD*. Virginia Nurses Association Group. Reston Hospital Center, April 2011.
- Trainer, *Coaching Adolescents and Young Adults, Coaching Skills Workshop*. Ocean County Community College, February–April 2011.
- Presenter, *Empowering Goal Setting Strategies for ADHD/LD Young Adults*. LDA Annual Conference, February 2011.
- Presenter, *Empowering Youth with ADHD*. ADD Classes Teleseminar, January 2011.
- Trainer, *Coaching Adolescents and Young Adults, Coaching Skills Workshop*. College Success Foundation, January 2011.

- Presenter, *From High Risk to High Potential: Transition Issues for High School and College Students with ADHD*. CHADD of Northern VA, November 2010.
- Presenter, *Coaching Youth and Adults with ADHD – An Empowering Process*. Metro DC ICF Chapter, November 2010.
- CHADD Annual Conference, November 2010.
 - Presenter, *The Positive Impact of Coaching on Family Dynamics*
 - Panelist, *ADHD Coaching Examined: Results from a Study on Quantifying the Effects of ADHD Coaching for Students in Higher Education*
 - Facilitator, Coaching Networking Session
- Presenter, *Empowering College Students with ADHD*, 3rd Annual Virtual ADHD Conference, October 2010.
- Presenter, *ACO Expert Speakers Series, Coaching Youth with ADHD*, September 2010.
- Presenter, *Coaching Youth with ADHD – An Empowering Process*, *ASTD/CBODN SIG*, September 2010.
- Presenter, *Discover the Power of LD/ADHD College Coaching*. 2009 AHEAD Conference, July 2010.
- Guest Speaker, *Coaching for Teens with ADHD. Ask the Expert Series*, CHADD National Resource Center on ADHD, April 2010.
- Presenter, *Empowerment through Coaching: Success for Middle and High School Students with ADHD*. CHADD of Northern VA, March 2010.
- Presenter, *ADHD/Executive Function Coaching: The Premises, the Promises, and the Potential*. LDAMC, CHADD, and the *GT/LD Network of Montgomery County, MD*, November 2009.
- Guest Trainer, Mentor Coach, November 2009.
- Guest Speaker, Attention Talk Radio, October 2009.
- Trainer, *Coaching Teens with ADHD*. Silverton School District, Silverton, OR October 2009.
- CHADD Annual Conference, October 2009.
 - Presenter, *Discover the Power of Coaching for College Students with ADHD*
 - Panelist, *Panel of Masterful Coaches: Striking a Delicate Balance*
 - Moderator, *Managing the Nuances of Coaching for Adolescents and Young Adults with ADHD: A Panel Discussion*
 - Facilitator, Coaching Networking Session
- Presenter, *Coaching Kids and Teens: Discover the Fountain of Youth!* ICF DC Metro Annual Conference, June 2009.
- Trainer, ADHD Coach Training. University of the Ozarks, May 2009.
- Presenter, *Balancing Your Daily Life: Coaching Strategies for Adults with ADHD*. CHADD Educational Conference, May 2009.
- Trainer, Coaching Skills Training, Grossmont-Cuyamaca Community College, March–May 2009.
- Presenter, Chesapeake Psychological Services, February 2009.
- Presenter, ADDvisors. *The Power of Coaching for Teens & College Students with ADHD*, January 2009.
- CHADD Annual Conference, November 2008.
 - Presenter, Pre-conference Workshop, *Empowering Teens & College Students with ADHD*
 - Presenter, *Put Life into Your ADHD Coaching Skills*
 - Facilitator, Coaching Networking Session
- Presenter, Virtual ADHD Conference, *Success Strategies for Teens & College Students with ADHD*, September 2008.
- Trainer, Edge Foundation Coaching Courses, September 2008 to January 2009.
- Trainer, Coaching Teens & College Students. Newfield Network tele-course, October 2008.
- Trainer and Co- Facilitator, *Managing ADHD Coaching Challenge*, ADHD Coaches Organization, May 2008.

- Presenter, *Coaching Teens and College Students*. ADDResources, January 2008.
- CHADD Annual Conference, November 2007.
 - Trainer and Co-Facilitator, *Managing ADHD Coaching Challenges*
 - Presenter, *Coaching Kids and Teens with ADHD – It Works!*
 - Facilitator, Coaching Networking Session
- Trainer, *Coaching Kids & Teens*. Newfield Network tele-course, September 2007.
- CHADD Annual Conference, October 2006.
 - Trainer and Facilitator, *What They Did Not Teach You in Coaching School*
 - Presenter, *Creating a Successful Coaching Partnership*
 - Facilitator, Coaching Networking Session
- Trainer, ADDResources Teleclass, *Coaching Kids and Teens with ADHD*, September 2006.
- Presenter, 2006 Utah Spring Mental Health Conference, *Action-Oriented Coaching for the Recovery Phase*, May 2006.
- Trainer, Christopher Newport University, Newport News, VA *Coaching College Students with ADHD*, March 2006.
- Trainer and Facilitator, Advanced Skills for Coaching Adults with ADHD. CHADD Annual Conference, October 2005.
- Trainer, George Mason University, Student Services Department. *Coaching College Students with ADHD*, July 2005.
- Trainer, Scenic View Center, Provo, UT. *Coaching Skills Training Workshop*, February 2005.

PROFESSIONAL EXPERIENCE:

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|---|--------------|
| ● Life Coaching and ADHD Coaching | 1996-Present |
| ● Coach Training and Development | 2004-Present |
| ● Conference Co-Chair, Association of Coach Training Organizations (ACTO) | 2020 - 2021 |
| ● President, Association of Coach Training Organizations (ACTO) | 2019-2021 |
| ● Board Member, Association of Coach Training Organizations (ACTO) | 2017-2018 |
| ● Advisory Board Member, Proyectodah | 2017-2020 |
| ● Calling in Power & Culture Summit Planning Committee | 2016-2019 |
| ● Coaching Track Chair, CHADD International Conferences | 2004-2015 |
| ● Director of Training, Edge Foundation | 2007-2011 |
| ● Co-Founder, Institute for The Advancement of ADHD Coaching | 2004-2007 |

PUBLICATIONS/RESEARCH

- Co-Editor: *Coaching in Disability Resources – Transactional to Transformational* Pending
- Contributing Author: *Becoming Self-Determined: Practical Strategies for a Changing World*, Sharon Field, Ed.D. and David R. Parker, Ph.D. (Editors) March 2021
- Contributing Author: *ADHD College Coaching: Potential Adverse Events*.
The ADHD Report, Vol. 26, Focus on the Side Effects of Psychosocial Treatments
for Teens and Adults with ADHD: A Special Issue, Part 2. March 2018
Parker, Sleeper-Triplett, Field, and Sawilowsky (2018)
- Contributing Author: Sleeper-Triplett J, *Becoming Self-Determined: Creating Thoughtful Learners in a Standards-Driven, Admissions-Frenzied Culture*, Sharon Field, Ed.D. and David R. Parker, Ph.D. (Editors) July 2016
- Deal LS, Sleeper-Triplett J, DiBenedetti DB, Nelson L, McLeod L, December 2014

- Haydysch EE, Brown TM. *Development and Validation of the ADHD Benefits of Coaching Scale (ABCS)*. *Journal of Attention Disorders*
- *The Fundamentals of ADHD Coaching for Students*, SEEN Magazine April 2014
 - *Is ADHD Coaching Right for My Teen*, Attention Magazine December 2013
 - *ADHD Coaching: What It Is and Who It May Help*, ADHD: A Shared Focus Newsletter September 2013
 - *The Fundamentals of Coaching Young People*, Guest Writer Attention Talk News July 2013
 - *Success At School – Ask the Expert*, ADDitude Magazine Fall 2013
 - *Like the Teen You Love*, ADDitude Magazine Spring 2012
 - *Tips from the ADHD Coach*, ADDitude Magazine Fall 2011
 - Strategic Coaching for LD and ADHD, Ratey & Sleeper-Triplett Chapter 15, *Learning and Attention Disorders in Adolescence and Adulthood, Assessment and Treatment*. Goldstein, Naglieri, DeVries March 2011
 - *What is ADHD Coaching?* Keath Low, ADD.About.com January 2011
 - *ADHD and Risky Behaviors in Adults*, Katherine Kam, WebMD.com <http://www.webmd.com/add-adhd/features/adhd-dangerous-risky-behavior> January 2011
 - *Coaching and Youth with ADHD*, Attention Magazine, CHADD October 2010
 - *Empowering Youth With ADHD: Your Guide to Coaching Adolescents and Young Adults with ADHD for Coaches, Parents and Professionals*. Specialty Press September 2010
 - *Coach Assisted Transitioning to College and Independence*. LDAU Newsletter October 2009
 - *The Effectiveness of Coaching for Children and Teens with ADHD*. *Pediatric Nursing*. Volume 34, Number 5. September/October 2008. *Coaching Kids and Teens with ADHD – It Works!* (Published in Spanish and English)
 - Asociación Peruana de Déficit de Atención, Boletín electrónico n.º 14 December 2006

TELEVISION AND RADIO

- Calling in Power & Culture Summit Panel, Accomplishment Coaching June 2017
- The Coaching Show with Christopher McAuliffe
- *Coaching Youth and Adults with ADHD*, Accomplishment Coaching The Coaching Show with Christopher McAuliffe September 2012
- *ADHD: Transitioning from Adolescent to Adult*, Attention Talk Radio, February 2012
- Interview with The Stepmom Coach, Blog Talk Radio January 2012
- *How ADHD coaching can help a person with ADD/ADHD*, Psyched Radio Show November 2011
- *Coaching Teens with ADHD: What Every Parent Needs to Know*, NRC on ADHD November 2011
- *ADHD Scholarships with ADHD Coaching*, Attention Talk Radio October 2011
- Special Guest Speaker, ADHD Awareness Expo October 2011
- *Improving Coaching Skills for College Students*, The Coaching Show September 2011
- *ADD/ADHD Parenting Tips from an ADHD Coach*, ADDitude Magazine Fall 2011

- *ADHD: Motivation is the Key to Learning*, Attention Talk Radio with Jeff Copper August 2011
- *Students with ADHD can Benefit from a Coach*, CNN Headline News January 2011
- Attention Talk Radio with Jeff Copper January 2011
- LA Talk Radio January 2011
- Blog Talk Radio December 2010
- CBS Atlanta News at 4 November 2010
- WOCM-AM/ Ocean City, MD November 2010
- WKBK-AM/Southern NH November 2010
- WIP-AM/Philadelphia PA October 2010
- Syndication Radio Network – national October 2010
- KBUL-AM/ Billings, MT October 2010
- WPHM-AM/Detroit MI October 2010
- Money Matter Network – national October 2010
- WSYR-AM/Syracuse NY October 2010
- WZLX-FM/Boston MA September 2010

EDUCATION

BA, Cum Laude, Human Services/Mental Health.
University Of Massachusetts, Amherst, MA 1980

TRAINING

- Continuing Education – Coaching Courses, Seminars, Workshops 2000-present
- The Intuitive Universe, Vikram and Seema Bhatt 2020
- Listening to Bodies Long Distance, Suzanne Zeman 2013
- Association for Coach Training Organizations Conference 2012 - present
- Conversations Among Masters Conferences 2009-, 2011, 2017
- Insights - Coaching for Awareness. Vicki Escude, MCC 2007
- Effectively Coaching the A-Typical Client, Ratey and Martin 2006
- International Coach Federation Conference 2005
- Success Unlimited Network, Life Purpose Facilitation Training 2003
- Coaches Training Institute, Co-Active Coaching Training 2002-2003
- ADDA Continuing Education for Coaches 2003
- ADHD/NLP: Thom Hartmann's Two Days to Transformation 2001
- ADD Coach Training & Certification. American Coaching Association 2000

CERTIFICATIONS AND AWARDS

- ADHD Coaches Organization Founders Award 2017
- CHADD Hall of Fame, Inductee 2016

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- International Coach Federation, Master Certified Coach, Recertified 2022
 - Center for Credentialing & Education (CCE). Board Certified Coach, Recertified 2012
 - Service Core of Retired Executives (SCORE). Client of the Year, DC 2009
 - Institute for the Advancement of ADHD Coaching, Senior Certified ADHD Coach 2007

MEMBERSHIPS

- Association for Higher Education and Disabilities (AHEAD) 2012-present
- Association for Coach Training Organizations (ACTO) 2011-present
- ADHD Coaches Organization (ACO) 2006-present
- Institute for the Advancement of ADHD Coaches. Founding Member 2004– 2013
- American Coaching Association 1996–Present
- American Counseling Association 1996–2015
- Children and Adults with Attention Deficit Disorder (CHADD) 1997–Present
- Attention Deficit Disorder Association (ADDA) 1998–Present
- International Coaching Federation 1998–Present
- UMASS Amherst Alumni Association 1990-present