

CURRICULUM VITAE

JODI SLEEPER-TRIPLETT, MCC, SCAC, BCC

107 S. West St, #923, Alexandria, VA 22314

703-548-3161 • jodi@jstcoaching.com • www.jstcoachtraining.com

PROFESSIONAL PROFILE

Founder and CEO of JST Coaching, LLC. Expert in neurodiversity and student coaching with over 30 years of experience in coaching, training, consulting, and public speaking. Author of publications on coaching and neurodiversity. Designs and implements research-based coach training programs for individuals, academic institutions, and organizations around the world. Provides coaching and mentoring to individuals of all ages and in both personal and professional environments. Developed and researched the JST Model of Coaching and the ADHD Benefits of Coaching Scale.

PRESENTATION/FACILITATION/TRAINING EXPERIENCE:

- Curriculum Developer and Trainer. Coaching & Neurodiversity Training Programs 1997-present
- Leadership Coaching to Non-Profit and Higher Education Professionals 2000-present
- Presenter, AHEAD Equity and Excellence Annual Conferences 2010 - present
- Presenter, AHEAD Ingenuity Forum Feb – March 2026
- Presenter, AHEAD Coaching K&P. Who Are You? Tapping into Student Identity to Build Trust. February 2026
- Guest Speaker, Executive Function for All Podcast December 2025
- Presenter, AHEAD Coaching K&P. *How Does Coaching Help Motivate Students?* March 2025
- Presenter, AHEAD Ingenuity Forum January 2025
- Keynote Speaker, Chesapeake Bay Academy ADHD Symposium. *Empowering Youth with ADHD* April 2024
- Presenter, Chesapeake Bay Academy ADHD Symposium. *From Problem to Possibility: Using Coaching Skills to Manage Student Challenges* April 2024
- Presenter, International Conference on ADHD. *Embodying a Coaching Mindset* November 2023
- Presenter, *Discover the Joy of Student & ADHD Coaching*. Leadership that Works India. July 2021
- Trainer, *Shifting to a Social Justice Mindset*. October 2020
- Presenter, ADDitude Magazine Webinar, *Quaran-Teens with ADHD: Troubleshooting Learning, Motivation and Organizational Problems*. April 2020
- Co-Presenter, *Emerging Evidence for the Effectiveness of ADHD Coaching*, Annual Conference on ADHD. October 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, CA. September 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
- Keynote Speaker, PACER 10th Annual Symposium, Minneapolis, MN. July 2015
- Program Developer and 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

PROFESSIONAL EXPERIENCE:

- Life Coaching and ADHD Coaching 1996-Present
- Professional Presentations and Workshops 1997-present
- Coach Training and Development 2004 - Present
- Executive Coaching and Consulting 1982 -Present
- 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

PUBLICATIONS/RESEARCH

- Fabrey & Sleeper-Triplett, Editors. *From Transactional to Transformational: Coaching in Disability Resources* 2023
- Contributing Author: *Becoming Self-Determined: Practical Strategies for a Changing World*, Sharon Field, Ed.D. and David R. Parker, Ph.D. (Editors) 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. 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) 2016
- Deal LS, Sleeper-Triplett J, DiBenedetti DB, Nelson L, McLeod L, Haydysch EE, Brown TM. Development and Validation of the ADHD Benefits of Coaching Scale (ABCS). *Journal of Attention Disorders* 2014
- Consultant and subject matter expert for research design and implementation: 2010-13
 - Field, S., Parker, D.R., Sawilowsky, S., & Rolands, L. (2013). Assessing the impact of ADHD coaching services on university students' learning skills, self-regulation, and well-being. *Journal of Postsecondary Education and Disability*, 26(1), 67-81.
 - Parker D., Field, S., Sawilowsky, S. & Rolands, L. (2012). Self-control in postsecondary settings: Students' perceptions of ADHD college coaching. *Journal of Attention Disorders*, 17(3), 215-232.
 - Parker, D.R., Field Hoffman, S., Sawilowsky, S., & Rolands, L. (2011). An examination of the effects of ADHD coaching on university students' executive functioning. *Journal of Postsecondary Education and Disability*, 24(2), 115-132.
 - Field, S., Parker, D., Sawilowsky, S., & Rolands, L. (August 2010). *Quantifying the effectiveness of coaching for college students with attention deficit/hyperactivity disorder: Final report to the Edge Foundation*. College of Education, Wayne State University.

EDUCATION

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

TRAINING RECEIVED

- Continuing Education in Coaching, Mentoring, Neurodiversity, DEIB & Disability 2000-present
- Coaches Training Institute, Co-Active Coaching Training 2003
- ADHD Coach Training – American Coaching Association 2000

CERTIFICATIONS AND AWARDS

- ADHD Coaches Organization Founders Award 2017
- CHADD Hall of Fame, Inductee 2016
- International Coach Federation, Master Certified Coach, Recertified 2025
- Center for Credentialing & Education (CCE). Board Certified Coach, Recertified 2024
- 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) 2011-2026
- ADHD Coaches Organization (ACO) 2006-present
- Children and Adults with Attention Deficit Disorder (CHADD) 1997–Present
- Attention Deficit Disorder Association (ADDA) 1998–Present
- International Coaching Federation (ICF) 1998–Present
- UMASS Amherst Alumni Association 1990-present