

Judy's Story

Judy earned both a Bachelor's and M.B.A. degrees from Ashland University. She also was a graduate assistant at Illinois State University earning her Master's in Education. This background provided the groundwork for her to spend the last 15 years working side by side with middle and high school teens struggling with **ADD, ADHD** and related disabilities, most recently, as an Intervention Specialist in the Columbus area public schools.

In 2013, she continued her passion helping teens and founded Columbus based **ADHD CoachConnect LLC** with her mission to help struggling teens, ages 12 and up and their parents manage their ADD/ADHD on a daily basis.

Judy works world- wide with ADHD learners and their families implementing her **SAILS of STRENGTH™** coaching process. Developed to help parents with a **"#3 P"** approach: **PLAN * PROCESS * PROTOCOL**, she works closely to relieve their frustration and instill hope. Judy partners with their child in developing strategies, overcoming obstacles, and rebuilding self -confidence to bring ease and success to each day.

Judy has been one of the first to have earned the "Master Teacher" designation in the State of Ohio, and instrumental in paving the way for children's successes. She was the first Special Needs teacher in 2010-2011 to be selected by her peers as **Teacher of the Year**.

She completed her ADHD coach training through the elite ADD Coaching Academy and is working towards her ACC certification with the International Coaching Federation.

A recent contributor to both Laurie Dupar's *"Inspirational Ways to Succeed with ADHD,"* AND *"Wacky Ways to Succeed with ADHD,"* Judy is working on her own book for ADHD teens due out the end of this year. She provides speaking engagements, training workshops for schools and organizations and resides in Hilliard, OH a suburb of Columbus.

She is a member of ADDA, CHADD, ICF and ACO organizations. Her company and expertise has been featured in Business First Columbus, NBC4 Daytime Columbus, and Cityscene Magazine and featured on several ABC, CBS, FOX and NBC affiliates.

"We can't direct the wind but we can adjust the sails" Anonymous