

ASSOCIATED PROFESSIONAL EXPERIENCE

- 2000 – Present **AD/HD Coach on Call — ADDitude Magazine/Website, New York, NY**
- Provide consulting to ADDitude magazine on time management, organization and AD/HD coaching issues. Respond to reader questions for "Ask the Expert" section of website (www.additudemag.com)*
- 2003 **AD/HD & Academic Coach Training – University of Idaho, Moscow, ID**
- 2001 **AD/HD Coach Training – Designed and implemented AD/HD coach training program for coaches in Ra'anana, Israel**
- 1999 **AD/HD Coach Training - Designed and implemented AD/HD coach training program for SW Cook County Cooperative Association, Oak Forest, IL.**
- 1999 **AD/HD Coaching Consultant for About.com — "Ask Coach Sandy" column (www.about.com)**
- 1998 **AD/HD & Academic Coach Training - Area Education Agencies, Burlington, IA**
- 1998 **AD/HD & Academic Coach Training – Mitchell College, New London, CT**
- 1998 **Wellness Coach – Wellness Center, Hanover, MA**

COMMUNITY SERVICE

- 1996 – 1999 **New York to Boston Ride for AIDS – Fundraiser, Boston, MA**
- 1996 – 1998 **Hampshire County CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) Adult Group Facilitator, Northampton, MA**
- 1996 – 1998 **Friends of AIDS CARE/Hampshire County – Fundraiser, Northampton, MA**
- 1996 – 1997 **Stress Management Instructor — Veteran's Administration Shelter, Northampton, MA**

PROFESSIONAL SERVICE

- 2005 – 2006 ***Founding Board Member – Institute for the Advancement of AD/HD Coaching, Washington, DC***
- 2001 – 2003 ***Board Member – ADDA, served as committee chair for guiding principles for coaching standards and ethics committee, co-chair of the coaching committee and chair of the fundraisings sub-committee, Pottstown, PA***
- 2000 – 2002 ***Advisory Board Member – International Guiding Consult, AD/HD Stitching, Rotterdam, The Netherlands***
- 2000 – 2002 ***Board Member – Education-a-Must, Manchester, NH***
- 1997 -1998 ***Board Member – Hampshire County CHADD, Northampton, MA***
- 1997 -1998 ***Credentials Committee Member – International Coach Federation, Washington, DC***

CERTIFICATIONS

*Master Practitioner of Neurolinguistic Programming, The New England Institute for Neurolinguistic Programming, Amherst, MA
Received December 15, 1996
Certificate #9687*

*Practitioner of Ericksonian Hypnotherapy, The New England Institute for Neurolinguistic Programming, Amherst, MA
Received February 25, 1996
Certificate #9614*

*Practitioner of Neurolinguistic Programming, The New England Institute for Neurolinguistic Programming, Amherst, MA
Received October 1, 1995
Certificate #9582*

HONORS AND AWARDS

- 1998 *Received Athena Award in Recognition of Excellence in Mentoring Overland Park, KS*
- 1971 *Received Katherine Gillette-Blyley Scholar Award Keuka College, Keuka Park, NY*

PUBLICATIONS

- Maynard, S. L. (2006, March). What ever happened to gold old single-tasking? *ADDitude*, 6(4), 46-47.
- Maynard, S. L. (2006, January). Budget basics for the financially challenged. *ADDitude*, 6(3), 52-53.
- Maynard, S. L. (2006, November). The goof-proof guide to holiday entertaining. *ADDitude*, 6(2), 55.
- Maynard, S. L. (2005, September). Ask ADDitude in the news. *ADDitude*, 6(1), 10.
- Maynard, S. L. (2005, July). High-tech helpers: Seven nifty gadgets that make life easier for people with AD/HD. *ADDitude*, 5(6), 51-52.
- Maynard, S. L. (2005, May). Go ahead, make a mess: "Controlled sprawling" boosts your productivity without driving resident neatniks over the edge. *ADDitude*, 5(5), 55-56.
- Maynard, S. L. (2005, March). Little fibs that cause big trouble. *ADDitude*, 5(4), 51-52.
- Maynard, S. L. (2005, March). Raising the bar. *ADDitude*, 5(4), 39.
- Maynard, S. L. (2005, January). Harden your resolve. *ADDitude*, 5(3), 51-52.
- Maynard, S. L. (2004, November). The art of juggling: How to manage family and career when you and your child have AD/HD. *ADDitude*, 5(2), 51-53.
- Maynard, S. L. (2004, September). Mom's school survival guide. *ADDitude*, 5(1), 55-57.
- Maynard, S. L. (2004, July). You do the math, and you can, with these helpful tips from our coach! *ADDitude*, 4(6), 45-47.
- Maynard, S. L. (2004, May). Clutter vlean-up. *ADDitude*, 18-20.
- Maynard, S. L. (2004, March). Worried? Read this. *ADDitude*, 4(4), 25-27.
- Maynard, S. L. (2003, October). What's next? Making life plans after college. *ADDitude*, 4(2), 47.
- Maynard, S. L. (2003, August). Ten keys to conquering AD/HD in the office. *ADDitude*, 4(1), 16.
- Maynard, S. L. (2003, June). Get out and stay out (Of debt)! *ADDitude*, 3(6), 48.

- Maynard, S. L. (2003, April). Don't forget your family. *ADDitude*, 3(4), 48.
- Maynard, S. L. (2003, February). Helpful hints for stay-at-home humans. *ADDitude*, 3(3), 25.
- Maynard, S. L. (2002, December). Ten ways to cheer yourself up on a down day. *ADDitude*, 3(3), 27.
- Maynard, S. L. (2002, June). Move your body: 7 Steps for slugs. *ADDitude*, 2(6), 47.
- Maynard, S. L. (2001, Fall). Consider a coach. *Hyper-talk*, 5(2), 6.
- Maynard, S. L. (2001, August). How to relax. *ADDitude*, 13.
- Maynard, S. L. (1999, March). ADD coaching: Catalyst for success. *The ADD/ADHD Gazette*.
- Maynard, S. L. (1999, Spring). Coaching. *Many Hands: New England's Wellness Publication*, 30.
- Maynard, S. L. (1999, Winter). Can I coach my best friend? *In Focus: AD/HD Wellness Newsletter*, 3-4.
- Maynard, S. L. (1999). A.C.T. now: A three part model for coaching. *Internet Special Education Resources (ISER)* <http://www.iser.com/ACTarticle.html>.
- Maynard, S. L. (1998-99, Winter). Finding success through coaching: You don't have to go it alone. *The Network Exchange*. 10-11.
- Maynard, S. L. (1997). *A.C.T. now: An organizational skill and motivational workbook for adults with attention deficit disorder*. Northampton, MA: Squiggly Press.
- Maynard, S. L. (1997, Winter). Three phases of coaching: From discovery to action. *The Inquiry, The CTI Newsletter*, 6.
- Maynard, S. L. (1997, September). Invest in your best: Personal performance coach can help. *Boston Herald, HR Today*, <http://www.jobfind.com/hrtoday/viewpoint827.html>.
- Maynard, S. L. (1997, Summer). Coaching with NLP. *Being in Action: The Journal of Professional and Personal Coaching*, 7, 1-2.
- Maynard, S. L. (1997, July). Increase your coaching effectiveness with NLP. *Professional Coach*, 2(4), 1.

Maynard, S. L. (1997, Spring). Feeling stuck? A personal coach can help you reframe your life. *Many Hands: New England's Wellness Publication*, 18-19.

Maynard, S. L. (1997, Spring). Neuro-linguistic programming and its applications for ADD coaches. *Coaching Works: The American Coaching Association Newsletter*, 6.

Maynard, S. L. (1997, Spring). Using NLP to organize the ADDer. *NAPO News*, 4.

PROFESSIONAL PRESENTATIONS

Martinez, J. B., & Maynard, S. L. (2005, May). *Power connections! How the AD/HD coach can quickly and effectively create trust and intimacy in their coaching relationships*. Seminar presented at the 11th annual ADDA National Conference, Tucson, AZ.

Martinez, J. B., & Maynard, S. L. (2004, October). *Power connections! Quickly build rapport and understanding*. Seminar presented at the 16th annual CHADD International Conference, Nashville, TN.

Maynard, S. L. (2005, November). *Time management and organization for the ADDer*. Seminar presented at CHADD of Greater Baltimore, Chapter #168, Cockeysville, MD.

Maynard, S. L. (2004, May). *The basics of coaching: What to expect*. Seminar presented at the 10th annual ADDA National Conference, St. Louis, MO.

Maynard, S. L. (2003, October). *Coaching 101: What is coaching and how do I choose one?* Seminar presented at the 15th annual CHADD International Conference, Denver, CO.

Maynard, S. L. (2003, October). *Motivation: Inspiration for self-actualization*. Seminar presented at the 15th annual CHADD International Conference, Denver, CO.

Maynard, S. L. (2003, March). *Time Management for the ADDer*. Presented at the International AD/HD Coaching Conference, Baltimore, MD.

Maynard, S. L. (2002, May). *Clutter control: A three step model for organization*. Seminar presented at the 8th annual ADDA National Conference, Chicago, IL.

Maynard, S. L. (2002, March). *The seven deadly sins of time management*. Seminar presented at CHADD of Greater Baltimore, Chapter #168, Cockeysville, MD.

- Maynard, S. L. (2001, May). *Hold that thought: Simple visualization exercises to improve your memory*. Workshop presented at the 7th annual ADDA National Conference, Seattle, WA.
- Maynard, S. L. (2000, May). *AD/HD coaching: What it is and what it isn't*. Seminar presented at the 6th annual ADDA National Conference, Atlanta, GA.
- Maynard, S. L. (2000, May). *Time management and organization*. Seminar presented at the Northern Virginia CHADD chapter monthly meeting, Fairfax, VA.
- Maynard, S. L. (2000, April). *AD/HD coaching*. Seminar presented at the Greater Washington/Baltimore National Association of Professional Organizers (NAPO) Chapter meeting, Baltimore, MD.
- Maynard, S. L. (2000, March). *Time management and organization*. Seminar presented at the Washington, DC CHADD chapter monthly meeting, Washington, DC.
- Maynard, S. L. (2000, January). *AD/HD coaching*. Seminar presented at the Kingsbury Center, Washington, DC.
- Maynard, S. L. (1999). *Coaching the ADDer*. Seminar presented at the annual NAPO National Conference, Cherry Hill, NJ.
- Maynard, S. L. (1999). *ADD coaching*. Seminar presented at the Learning Disabilities Network Annual Spring Conference, Boston, MA.
- Maynard, S. L. (1999, March). *Organization and the ADDer*. Presented at the Greater Washington/Baltimore NAPO Chapter meeting, Baltimore, MD.
- Maynard, S. L. (1998). *ADD coaching*. Seminar presented at the Multidisciplinary Disability and Empowerment Conference, Rochester, NY.
- Maynard, S. L. (1998). *ADD coaching*. Seminar presented at the 10th annual CHADD International Conference, New York, NY.
- Maynard, S. L. (1998). *This old coach: Opening the coach's tool box*. Facilitated roundtable at the 4th annual ADDA National Conference, Washington, DC.
- Maynard, S. L. (1997). *Design your own vision*. Seminar presented at the Professional and Personal Coaches Association International Conference, Atlanta, GA.
- Maynard, S. L., & Ratey, N. (2001, October). *What does everybody else know that I don't?* Seminar presented at the 13th annual CHADD International Conference, Anaheim, CA.

- Maynard, S. L., & Seay, B. (2002, May). *Set some D.A.M.N. goals*. Seminar presented at the 8th annual ADDA National Conference, Chicago, IL.
- Maynard, S. L., & Sleeper-Triplett, J. (2003, October). *Coaching: Strategies and tools for the experienced AD/HD coach*. Roundtable facilitated at the 15th annual CHADD International Conference, Denver, CO.
- Ratey, N., Anderson, L., Giwerc, D., Johnson, M. J., Sussman, S., & Maynard, S. L. (2001, May). *Introducing the ADDA guiding principles of AD/HD coaching*. Seminar presented at the 7th annual ADDA National Conference, Seattle, WA.
- Ratey, N., Anderson, L., Giwerc, D., & Maynard, S. L. (2002, May). *AD/HD coaching proficiencies: The discipline and the art*. Seminar presented at the 8th annual ADDA National Conference, Chicago, IL.
- Sleeper-Triplett, J., & Maynard, S. L. (2005, October). *Advanced coaching skills for coaching adults with AD/HD: Beyond the basics*. Workshop presented at the 17th annual CHADD International Conference, Dallas, TX.
- Sleeper-Triplett, J., & Maynard, S. L. (2002, October). *Create an ideal conference experience*. Workshop presented at the 14th annual CHADD International Conference, Miami, FL.
- Sleeper-Triplett, J., Maynard, S. L., & Ratey, N. (2004, October). *Coaching skills for AD/HD professionals*. Workshop presented at the 16th annual CHADD International Conference, Nashville, TN.

INTERVIEWS RADIO/TV

- Maynard, S. L. (2002, August). *Getting students organized and ready for school*. (audio recording). Parent's Perspective Radio Show, Washington, DC.
- Maynard, S. L. (2001, August). *AD/HD coaching*. (audio recording). Voice of America Radio, Washington, DC.
- Maynard, S. L. (1999, September). *Coach Sandy*. (video recording). WWLP News 22, Springfield, MA.
- Maynard, S. L. (1998, June). *Coaching: What's in it for you?* (radio cassette). WFCR Public Radio, Amherst, MA.
- Maynard, S. L., & Seay, B. (2000, September). *Ritalin controversy*. (radio cassette). WTOP Radio station, Washington, DC.

INTERVIEWS NEWSPRINT/MAGAZINES

- Benvenuto, C. (1996, December 11). Making change: Workshops for women in transition. *Hampshire Gazette*, p. B10.
- Dean, T. (1998, January 24). Personal coaching: Getting on track. *The Greenfield Recorder*, B11-12.
- Gilman, L. (2005, October 30). All jumbled up. *Time Magazine Generations*.
<http://www.time.com/time/generations/article/0,9171,1124323,00.html>
- Horan, L. (1999, Summer). AD/HD coaching: Empowering people to succeed. *Attention*, 12-15.
- Smith, B. (1997, May 19). Couch potato pioneers as coach: Woman leads way in new career field. *Hampshire Union News*, B1-2.
- Wells, B. (1998, January 23). 'Not lazy, stupid or crazy': New class helps adults with ADD. *Amherst Bulletin*. B2.
- Zajac, B. (1997, April 25). Networking prevails at market '97. *Hampshire Union News*. B7, B10.

REFERENCES

- Dr. Ned Hallowell, The Hallowell Center, Sudbury, MA, (978) 287-0810
- Dr. Richard Waite, Professor of Psychology, Walden University, (740) 657-1460
- Dr. Michael Raphael, Professor of Psychology, Walden University, (860) 688-2800