

Thrive With ADHD Summit

Online & Free | DAY 1

All of the sessions are pre-recorded in a form of an interview and will air **simultaneously** each day at **9 AM ET**. You'll have **FREE access** to the videos for **24 hours** after they unlock. Each session lasts between 30-60 minutes.

Monday, December 15th

What ADHD Really Is (and Isn't)



- **How Hormonal Crashes Push ADHD Women Into Rage And Shame They Can't Explain**
With Dr. Patricia Quinn, *World-Renowned ADHD Authority, Author & Pediatrician*
- **ADHD And Perimenopause: When Your Hormonal Mask Starts Slipping**
With Dr. Jolene Brighten, *Internationally Recognized Hormone Authority & Author Of 'Beyond The Pill'*
- **Why ADHD Adults Are Always Too Hungry Or Not Hungry At All & How To Finally Break Free**
With Dr. Uma Naidoo, *Harvard-Trained Nutritional Psychiatrist & Director Of Nutritional Psychiatry At MGH*
- **ADHD Medication Myths Vs. Reality: A 30-Year Psychiatrist's View**
With Dr. John Kruse, *World-Recognized Psychiatrist & Neuroscientist With Over Two Decades In Practice*
- **ADHD Doesn't Break Marriages. Couples Break When Symptoms Get Confused With Character**
With Elaine Taylor-Klaus, *Co-Founder & CEO Of 'ImpactADHD', Master Certified Coach And Award-Winning Author*
- **The Hidden Tax Of ADHD Where Emotional Labor Eats Entire Days You Never Get Back**
With Brooke Schnittman, *ICF & Board-Certified Life Coach Helping Thousands Through 20+ Years Of Experience*
- **The "Good Girl" Trap: Why ADHD Women Hide Their Struggles**
With Kate Moryoussef, *One Of The World's Most Listened-To ADHD Voices With 2.5 Million Podcast Listens*
- **How Female ADHD Friendships Go From Soul-Saving To Soul-Crushing In Ways No One Admits**
With Dr. Elizabeth Kilmer, *PHD Psychologist & Qualitative Researcher Designing Breakthrough ADHD Programs*

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Tuesday, December 16th

Emotional Regulation & Self-Compassion



- **Your ADHD Brain Is Lying About Your Intelligence!**

With Caren Magill, ADHD Business Coach & YouTuber, Host Of 'The ADHD-Friendly Show'

- **ADHD And Trauma: Why We're More Vulnerable Than You Think**

With Dr. Roberto Olivardia, Harvard Medical School Instructor Serving On CHADD, ADDA & ADDitude Advisory Boards

- **Why Talk Therapy Made My OCD Worse (10 Years Wasted)**

With Natalia Aíza, OCD Therapist & Founder Of 'Kairos Wellness Collective' With Global Clinical Experience

- **What Looks Like Inconsistency Is Often Just Emotional Exhaustion Dressed As Flakiness**

With Jheri South, Certified ADHD Coach Raising 7 Neurodivergent Kids, Founder Of 'Hearspace Hub'

- **You've Spent Your Whole Life Trying To Be Easy To Love. Aren't You Exhausted Yet?**

With Jami Fregeau, Registered Nurse & Host Of 'The Neurodivergent Nurse' Podcast

- **I Was BULLIED At Work For Having ADHD! Here's What Happened...**

With Jannine Perryman, Psychoeducational Coach & ADHD Expert

- **Productivity Doesn't Work For ADHD Unless You Design For Your Worst Self First**

With Dr. Ari Tuckman, Expert Psychologist Serving As Conference Committee Co-Chair For CHADD

- **People Think ADHD Is Misplacing Things But It's Actually Misplacing Your Entire Sense Of Worth**

With James Ochoa, Pioneer In Adult ADHD Treatment & Bestselling Author With 30 Years Of Experience

- **How The Boy Who Couldn't Read Became The Writer Who Rewrote Education For Millions**

With Jonathan Mooney, Disability Rights Leader & Founder Of One Of The Nation's Foremost LD/ADHD Nonprofits

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Wednesday, December 17th

Motivation, Focus & Follow-Through



- **The Brutal Truth About Why Intimacy Disappears When ADHD Women Carry The Mental Load**
With Dr. Morgan Cutlip, *Best-Selling Author & Relationship Expert*
- **SHOCKING: This "Rest" Activity Is Making Your ADHD WORSE!**
With Dr. Megan Anna Neff, *AuDHD Clinical Psychologist & Founder Of 'Neurodivergent' Insights*
- **The Voice That Never Goes Away: Living With ADHD Self-Doubt**
With Katy Weber, *ADHD Certified Coach, Host Of The 'Women & ADHD' Podcast*
- **ADHD And Love: Why We Chase Chaos Instead Of Connection**
With Kelli Miller, *Clinical Therapist & Relationship Author Behind The Global Success Of 'Thriving With ADHD'*
- **ADHD And Chronic Fatigue: The "Tired But Wired" Truth**
With Dr. Alex Howard, *Internationally Recognized Therapist, Author Of 3 Best-Selling Books & Published Researcher*
- **5 Things I Stopped Forcing Myself To Do As An ADHD Mom**
With Amy Marie Hann, *ADHD Mom Coach With 183K Followers Transforming The Lives Of 10,000+ Families*
- **The Gut-Brain Connection: How Parasites Hijack Your ADHD**
With Lucinda Miller, *Clinical Director Of 'NatureDoc', One Of The UK's Most Respected Wellness Practices*
- **Why Financial Rock Bottom With ADHD Can Become The Most Unexpected Turning Point Of All**
With Rick Webster, *Former CHADD Director & Founder Of The First ADHD Financial Education Platform*

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Thursday, December 18th

Relationships, Family & Connection



- **Why High Achievers With ADHD Burn Out (And How To Escape)**

With Claudia Von Boeselager, Host Of 'The Longevity & Lifestyle' Podcast & Co-Founder Of LUMARA

- **ADHD Parenting: When Your Child's Meltdown Triggers Your Own Trauma**

With Dayna Abraham, National Board-Certified Educator & 'Lemon Lime Adventures' Founder

- **Game-Changing Communication Tips For ADHD Couples**

With Melissa Orlov, Author Of 2 Award-Winning Books On ADHD And Relationships

- **At 11, He Didn't Want To Be Here Anymore. At 40, He's Fighting So No One Feels That Way Again**

With Dr. Tom Nicholson, Star Academic & Assistant Professor Of Mental Health Nursing At Northumbria University

- **ADHD Organization Hacks That Actually Work**

With Eric Whittington, Founder Of 'Life Actuator'

- **5 Ways To Hack Your ADHD Brain For Boring Tasks**

With Meredith Carder, ADDCA-Trained ADHD Coach & CEO Of 'Hummingbird ADHD'

- **ADHD Emotional Flooding: Why It's NOT Just "Getting Mad"**

With Dr. Gilly Kahn, Clinical Psychologist & 'ADDitude' Contributor Recognized For Her Expertise In ADHD

- **Uncovering The Truth About ADHD In Black Women**

With Dr. Diane Miller, Clinical Psychology Resident Breaking Ground In Adult ADHD, Racial Identity & Sex Therapy

- **Why Your ADHD Brain Treats Food Like A Drug (The Science Explained)**

With Sarah Osborne, BANT Registered Nutritionist & Award-Winning Specialist In Emotional Eating And ADHD

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Friday, December 19th

Thriving with ADHD — Your Next Chapter



- **ADHD And Attachment: Why You Keep Sabotaging Love (And How To Stop)**
With Dr. Judy Ho, Triple Board-Certified Neuropsychologist & National Institute Of Mental Health Awardee
- **ADHD And Yoga: Why Stillness Feels Like Torture (And How To Start Anyway)**
With Sarah Platt-Finger, Director Of 'Chopra Yoga' Recognized Globally As An Extraordinary Teacher By Deepak Chopra
- **When Your ADHD Means You're Always Ten Minutes Late And Ten Steps Ahead**
With Dr. Samantha Hiew, Founder Of 'ADHD Girls' & Multi-Award-Winning Advocate With A PhD In Medical Sciences
- **When ADHD Turns Restless Energy Into Brilliant Ideas That Die In Notebooks**
With Jesse J. Anderson, Viral ADHD Educator With A Global Audience Across Instagram & YT Reaching Millions
- **ADHD + Autism: When Your Brain Pulls In Two Directions**
With Megan Griffith, AuDHD Life Coach & Founder Of 'Neurocuriosity Club' Supporting Adults For A Decade
- **The Two Devastating Paths An Understimulated Brain Takes To Feel Something Anything At All**
With Dr. Trish Leigh, Double-PhD Cognitive Neuroscientist & Brain Health Coach Specializing In Addiction
- **Why ADHD Entrepreneurs Walk Away From "Safe" Jobs And Never Look Back Again**
With Patrick Casale, AuDHD Mental Health & Addiction Therapist, Host Of 2 Top Podcasts With Millions Of Listeners
- **Everyone Warns About Side Effects But Nobody Talks About The Side Effects Of No Treatment**
With Dr. Sulman Aziz Mirza, 3x Board Certified Psychiatrist With Expertise In Child, Adolescent Psychiatry & Addictions
- **ADHD Boredom Can Feel Like A Violent Hunger That Ordinary Life Can't Satisfy**
With Nik Hobrecker, Founder Of 'ADHD Vision' & One Of The Internet's Leading ADHD Voices With 50+ Million Views