

# ***Daniel DeJoode, Ph.D.***



**Professional Speaker on  
Attention Deficient  
Hyperactivity Disorder  
(ADHD) and Success as  
a Neurodivergent**



I work with people who want to understand ADHD to release the creativity and productivity of individuals with ADHD, help them succeed professionally, and share lessons of productivity with everyone.

## **Speaking Topics**

### **From Procrastination to Productivity: Reimagining ADHD**

Daniel applies his scientific background to explain ADHD and offers a new paradigm of how ADHD can be reimagined as a suite of skills and opportunities, as well as challenges. He further enables his audience to see how the struggles of ADHD have a flip side of positive attributes that can be harnessed to enable productivity and high performance. He offers tips for those with ADHD and managers who work with ADHD staff.

### **How Loud Do You Fail?**

Failure can be devastating or it can be an opportunity for growth. In this presentation, Daniel leads the audience in reflection on how and why people fail and considers how to learn from past failure to proactively avoid repeating the same failures. Loud failures provide opportunities for learning and improvement. Silent failures, which are common with ADHD, can be avoided through externalization.

### **Creating a Sense of Belonging**

A sense of belonging is the feeling of being able to affiliate with others, express one's true self, and have that identity affirmed and validated within a group. A sense of belonging is related to higher achievement in school and work. As society grows and includes more people from different backgrounds and recognizes the challenges of the neurodivergent and the differently abled, fostering belonging can be more challenging, but it can also be transformative for individuals and groups. In a workshop context, Daniel leads an exploration of the concept of a sense of belonging, whether and how it aligns with the mission of our workplaces and discusses how we can facilitate belonging for the success and satisfaction of individuals.

### **Don't ADHD Alone**

Daniel provides a detailed look into symptoms and patterns of executive disfunction that are common with ADHD. Managing ADHD requires more than merely learning new skills but also requires creating conditions for success through externalizing executive function. Five critical areas for success with ADHD are discussed including: awareness, wellness, assistance, resources, and engagement (AWARE).

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#ADHD    #success    #persistence    #procrastination    #mental wellness  
#neurodiversity    #productivity    #resilience    #failure    #creativity    #time management

## What is “Don’t ADHD Alone?”

This is Daniel’s philosophy on how to manage and reimagine ADHD in three words. Those with ADHD have tremendous talents, skills, capabilities, creativity, and humor. However, the challenges of ADHD, such as inconsistent attention or executive dysfunction hinder their performance and achievements, which can have adverse personal, professional, and psychological costs. The “Don’t ADHD Alone” approach is to help others critically examine how ADHD affects them, identify needed skills and tools, and, to the extent possible, externalize skills and functions to offset those struggles. ADHD can then be seen as skills to be managed and a wealth of strengths to be unlocked and realized.

Daniel is an environmental scientist who has worked as a consultant for public and private clients for 30 years. Diagnosed as an adult, he realized that his ADHD has been both a challenge and an asset that significantly influenced his career – and his mental health. A frequent speaker on environmental topics, Daniel now speaks on ADHD to help others unlock the unique attributes such as hyperfocus, fast learning, curiosity, creativity, and willingness to take on new projects. Daniel is a member of Toastmasters and the National Speakers Association.

“A personable, knowledgeable, and relatable speaker, whose presentations I enjoy and from whom I always learn something new.”

*Dot Cannon, President, Two Maverix® Media and Host of Over Coffee® Podcast*

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