

JOYCE A. KUBIK

389 Seneca Court Phone/Fax: 440-933-8309
Avon Lake, OH 44012 kubikja@bridgetosuccess.net

PROFESSIONAL OBJECTIVE

Professional Objective: To provide lifelong behavioral changes for individuals with Attention Deficit Disorder through a nurturing, and educational environment; to add the skills of an ADHD Coach as a collaborative effort, working in conjunction with physicians, therapists and other healthcare providers.

RESEARCH

- Kubik, J. A. (2009), Efficacy of ADHD coaching for adults with ADHD. *Journal of Attention Disorders OnlineFirst*.

QUALIFICATIONS

- Certified Cogmed Working Memory Coach, Chicago, IL, October 2007
- BA Health Psychology, May 2004. Cleveland State University, Cleveland, OH.
- BA Health Communications, May 2004. Cleveland State University, Cleveland, OH.
- Significant courses taken:
 - Health Communications, Health Psychology, Conflict Management,
 - Advanced issues in Health.
- Associates Degree in Psychology, May 2002.
- Lorain County Community College, Elyria, OH
- ADHD Coaches Training, American Coaching Association, May, 1999

PROFESSIONAL AFFILIATIONS

- Member, of the Ohio Psychological Association (OPA)
- Member of AD/HD Coaches Organization (ACO)
- Associate Member National Association of Professional Organizers (NAPO)
- Associate Member of the American Coaching Association (ACA)
- Member of the Ohio Coalition for the Education of Children with Disabilities (OCECD)
- Member of the Children and Adults with AD/HD (CHADD)
- Member of the Attention Deficit Disorder Association (ADDA)
- Patient Advisory Board Member, Fairview Hospital, Cleveland, OH (2007-2008)

PROFESSIONAL DEVELOPMENT

ACO (ADHD Coaches Organization), Annual Conference. Chicago, IL (2010, May).

Presentations attended:

Roggli, L and Roggli, V., *Sailing the Seven C's to a remarkable ADHD relationship; Coaching ADHD couples back to intimacy*

- Dupar, L., *Dopamine Boosters: ADHD Medications and neurobiology of the brain made simple*
- Garrett, R., Agno, J., Luther, B. and Ratey, N., *Masterful Coaching Clinic*
- Wright, S., *Developing a strong referral network*
- Dressner, I., *Live assessment: ICF core competencies in action.*
- Ramsay, J. Russell., *An outsider's view of ADHD coaching: Current status and future directions.*
- Pruitt, D., *Coaching ADHD plus: Executive dysfunction, working memory, tourette syndrome, obsessive-compulsive and other co-morbid disorders.*
- CHADD, 21st International Conference, *Get Connected.* Cleveland, OH. (2009, October).
Presentations attended:
- Levrini, A., *ADHD Coaching & College Students*
- Pera, G., *Therapy for ADHD: What works? What makes things worse?*
- Ramsay, J. R., *Beyond medication: Adjunctive treatments for adults with ADHD*
- Zentall, S., *Friendly Class and home settings to support children with ADHD*
- Tuckman, A., *Acceptance is Empowering: Control what you can and let go of the rest*
- ADDA 13th Annual National Conference. Minneapolis, MN (2008, July). Presentations attended:
- Copps, S., *Medical management of ADHD*
- Walker, L., *Succeed in a flash*
- Klein, C., *Coaching consciousness through mind pictures: how to turn resistance into an ally for change*
- Hallowell, N., *Finding the buried treasure in ADD*
- Luther, B., *Applying emotional freedom technique for ADD anxiety, overwhelm and rumination*
- ACO (ADHD Coaches Organization), Annual Conference. St. Louis, MO (2008, May).
Presentations attended:
- Maynard, S., Monahan, V., Sleeper-Triplet, J., *Mastering AD/HD coaching challenges*
- Zaretsky, K., *How the ACO can save the world*
- Luther, B., *Leveraging sweet wisdom: helping clients learn about their ADHD via comic strips*
- Wright, S., *Living with ADHD: 'A' is for anxiety*
- Giwer, D., *The power of the pause*
- Klein, C., *How to overcome resistance to change in your clients and in yourself*
- CHADD, 20th International Conference, *ADHD is real.* Washington, DC. (2007, November).
Presentations attended:
- Goldstein, *Celebrating 20 years of compassionate advocacy, education and support*
- Barkley, R., *Adult outcome milwaukee study*
- Tuckman, A., *Building self-esteem and self-efficacy*
- Brooks, R., *A strength-based approach for children with ADHD*
- Attwood, Tony. (2005, October 13). *Understanding Asperger syndrome*, Presented at Airport Marriott, Cleveland, OH.
- Manos, Michael J. (2005, May 19). *What is attention deficit hyperactivity disorder?* Presented at Auburn Center by East Shore SERRC (Special education regional resource center).
- Albano, Anne Marie. (2005, March 3). *Anxiety disorders in youth.* Presented at Douglas G. Ullman Conference Center on Children's Mental Health, Bowling Green, OH.

- Losier, Michael (Trainer). (2005, March). *TeleLeader Certification Program*. TeleClass international services., Inc., Victoria, BC Canada.
- Weisz, John R. (2004, March 11), *Using primary and secondary control to combat youth depression: A cognitive behavioral therapy workshop*. Presented at Douglas G. Ullman Conference on Children's Mental Health, Bowling Green, OH.
- Manoch, R., Sender, M. (Presenters) (2002, October). *The changing face of developing education*. Cuyahoga Community College Eastern Campus, Cleveland, OH.
- ADDA, 8th Annual ADDA Conference. *Journeys 2002: Where will it take you?* Hyatt Regency Chicago Hotel, Chicago, IL. Presentations attended:
- Zeigler Dendy, C. *AD/HD, Executive Function & School Success, Part I and Part II*.
 - Brown, T. *Fears and prejudices about AD/HD & its treatments*.
 - Solden, S. *The person beneath the symptoms: the next critical challenge for adults with ADD and the professionals with whom they work*.
 - Jensen, P. *Outcomes of the MTA Study*.
 - Jensen, P. *Evidence based treatments for adult AD/HD*.
 - Goldstein, S. *What do we really know about adult AD/HD?*
- Brown, T. E. (2002, April). *Advanced assessment and treatment of complicated attention deficit disorders*. Presented at and sponsored by Professional Education Opportunities for the Human Services, Venango, PA.
- Weiss, L. (2000, April 10). *Attention deficit disorder in adults*. Presented at Lorain County Community College Social Sciences Humans Services Division.
- CHADD, 12th International Conference, *Expanding horizons in the new century: Diversity, equity, empowerment*. Sheraton Chicago Hotel & Towers, Chicago, IL. (2000). Presentations attended:
- Quinn, P. *Hormones: Effects on cognition, mood and overall functioning in women with AD/HD*.
 - Young, M. *Working memory language & reading: Understanding executive function problems in children with AD/HD*.
 - Maitland, T. L., Ratey, N. *Coaching college students with AD/HD*.
 - Phelan, T., Michel, P. *Parents – Preschool/Elementary*.
 - Barkley, R. (2000). *AD/HD in children: Theory diagnosis & management*. Presented at Douglas G. Ullman Conference Center on Children's Mental Health, Bowling Green State University, Bowling Green, OH.
- Romaniuk, M. and Capriotti, J. *Strategies for AD/HD adults to manage anger more successfully*. Taylor, John (1999, January).
- Beyond Ritalin: Mega-answers to AD/HD. Presented at Bay Village High School, Bay Village, OH.
- ADDA, 4th National ADDA Adult ADD Conference, Renaissance Hotel, Washington, DC. (1998). Presentations attended:
- Ratey, J. *Medicine, your brain and ADD*.
 - Elliott, P. *When meds don't work*.
 - Rotz, R. *Changing distractions*.
 - Hartman, T. *Healing ADD*.
- Certificate of Completion (May 1991), *ADD coaches training workbook program*. American

Coaching Association, Sussman, S. (Trainer), Lafayette Hill, PA.

PUBLICATIONS

Books

- Kubik, Joyce A. (2005). ©*CD: Plan for success: Student*. Avon Lake, OH: Bridge To Success Skills Training.
- Kubik, Joyce A. (2005). ©*CD: Plan for success: Adult*. Avon Lake, OH: Bridge To Success Skills Training.
- Kubik, Joyce A. (2003). ©*S.C.O.P.E. (Student centered outcome plan and evaluation)*. Avon Lake, OH: Bridge To Success Skills Training.
- Kubik, Joyce A. (2002). ©*Plan for success: Adult*. Avon Lake, OH: Bridge To Success Skills Training.
- Kubik, Joyce A. (2002). ©*Plan for success: College*. Avon Lake, OH: Bridge To Success Skills Training.
- Kubik, Joyce A. (2000). ©*Plan for success: Student*. Avon Lake, OH: Bridge To Success Skills Training.

Articles

- Kubik, J. (2009, Summer). On-Task newsletter
- Kubik, J. (2004). School & AD/HD. A six-part series in the *Advertiser-Tribune*, Tiffin, OH.
- Kubik, J. (2004, Winter). Older students cope. *The Cleveland Stater*. [Online]
<www.csuohio.edu/clevelandstater/Archives/Vol%206/Issue%201/studentlife/studentlife3.html>
- Kubik, J. (2003, January/February). Park your thoughts at the door: One woman's journey from failing to finishing college. *ADDitude*, 15.
- Kubik, J. (2001, October). Review plans for students diagnosed with AD/HD. *The Press*, p. 16.
- Kubik, J. (2001, September 24). Nutrition is not the key to AD\HD therapy. *The Press*, p. 7.
- Kubik, J. (2000, December 6). Adults with attention deficit disorder. *The Press*, p. 7.
- Kubik, J. (2000, May). A good time to work on social skills for the whole family. *The Press*, p. 7.
- Kubik, J. (2000, May 31). Summertime – a good time to work on social skills for the whole family. *The Press*, p. 7
- Kubik, J. (2000, May 3). A free and appropriate education; finding both. *The Press*, p. 7.
- Kubik, J. (2000, April 5). Treating attention deficits the smart way. *The Press*, p. 7.
- Kubik, J. (2000, March 1). How much can I endure? *The Press*, p. 7.
- Kubik, J. (2000, February 2). The ADD adult – sorting through the maze!. *The Press*, p. 6.
- Kubik, J. (2000, January 5). Don't give up and eventually you will reap rewards. *The Press* p. 8.
- Kubik, J. (1999, December 1). Everyday life shouldn't be so stressful. *The Press*, p. 6.
- Kubik, J. (1999, November 3). Ask yourself, "Is it really AD/HD?". *The Press*, p. 6.
- Kubik, J. (1999, October 5). Tests lack relevance and aren't always representative of knowledge. *The Press*, p. 6.

- Kubik, J. (1999, September 8). Do your mornings go something like this?. *The Press*, p. 7.
- Kubik, J. (1999, August 11). Toxic help: is it good for you and those around you? *The Press*, p. 8.
- Kubik, J. (1999, July 14). Negatives are often impetus for positive, creative behaviors in AD/HD individuals. *The Press*, p.6.
- Kubik, J. (1999, June 2). Are you willing to gamble your summer way?. *The Press*, p. 6.
- Kubik, J. (1999, May 19). Your get-a-way vacation could be a long way off. *The Press*, p. 6.
- Kubik, J. (1999, April 14). Jonathan asks: Why am I so hard to understand?. *The Press*, p. 5.
- Kubik, J. (1999, March 17). Are you coping with ADD or living with ADD?. *The Press*, p. 6.

Newsletters

- Kubik, J. (2004, Spring/Summer). A word about medications. *On Task*, 5(3), 3.
- Kubik, J. (2004, Spring/Summer). Stepping out of the ring: Those daunting education plans. *On Task*, 5(3), 2.
- Kubik, J. (2003, Fall). Mental-Health Parity. *On Task*, 4(4), 1.
- Kubik, J. (2003, Summer). You teach them everything you know! *On Task*, 4(3), 2.
- Kubik, J. (2003, Winter). Depression and AD/HD. *On Task*, 4(1), 2.
- Kubik, J. (2002, Spring). S.C.O.P.E. (Student centered outcome plan and evaluation). *On Task*, 3(2), 1.
- Kubik, J. (2002, Winter). *On Task*, 3(1).
- Kubik, J. (2001, Fall). Advocate effectively. *On Task*, 2(4), 1.
- Kubik, J. (2001, Summer). Moving Forward. *On Task*, 2(3), 1.
- Kubik, J. (1999, September-October). Coach-client relationship. *On Task*, 1(1), 1.

Other Publications

- Kubik, Joyce A. (2008). ©*Kubik Adult ADHD Outcome Scale: Adult Areas of Concern*. Avon Lake, OH: Bridge To Success Skills Training.
- Kubik, J. (2006, July). Recognizing depression in clients with ADHD. [Online] ACO Circle. Available: http://members.adhdcoaches.org/members/member-only/newsletter/articles/1_7Kubik.html.
- Kubik, J. (2005, December). Ask the expert on using planners. NGCI (National center for gender issues and AD/HD.), [Online] Girls Grapevine, 4(6), 2. Available: <http://www.ncgiadd.org/>
- Kubik, J. (2006, February). Your Get-a-Way Vacation. NGCI (National center for gender issues and AD/HD). [Online] Girls Grapevine, 4(8), 9. Available: <http://www.ncgiadd.org/>
- Kubik, J., Booze, P., Adams, N. (2003). Mental Health Parity (2003), Resolution 3-03. GFWC/Ohio Federation Of Women's Clubs, OFWC Standing Resolutions, <http://www.angelfire.com/oh2/ofwc/Resolutions.html>.

Brochures

- Kubik, J. (2006). Students and Attention Deficit Disorder: A 6-week workshop.
- Kubik, J. (2006). Coaching Builds Life-Long Strategies: A 6-week workshop.
- Kubik, J. (2005). Plan For Success: A planning-journal.

Kubik, J. (2003). S.C.O.P.E.: An overview.
Kubik, J. (2003). Your family interactions.

TEACHING/TRAINING EXPERIENCES (On-Going Seminars and Conferences & Trainings)

Kubik, J. (2010, September). *Framing the ADHD Experience* [before one-on-one coaching begins] ADHD Coaches Organization (ACO) - Six 2-hour sessions for ADHD Coaches around the world.

Kubik, J. (2009, August). *Expert Speaker Series* ADHD Coaches Organization (ACO)

Kubik, J. (2009). Round Table moderator for the ADHD Coaches Organization (ACO) - 1 hour monthly discussions on various topics

Kubik, J. (2009, September). *Framing the ADHD Experience Before One-On-One Coaching Begins*. Sponsored by the ADHD Coaches Organization's (ACO) ADHD Coaches Continuing Education (ACCE) program, an advanced on-line course for life coaches with ADHD clients. (www.adhdcoaches.org)

Kubik, J. (1998 to present). *Parent-Student Awareness Workshop*. (A six-week workshop presented seven times a year with a focus on family and school issues. Parents and students attend.) Lorain, Lake, Geauga, Medina, Portage, Seneca, Richland and Mercer counties, OH.

Kubik, J. (2001 to present). *Adult with AD/HD: Coaching and building life-long strategies*. (A six-week workshop presented five times a year with a focus on self-awareness, structure, and self-empowerment, Avon Lake, OH.

CHADD Adult Support Group Leader. Monthly support meetings for Adults with ADHD.

Seminars and Conferences

Kubik, J., Anderson, L., Ramsay, J.R., (2010, April). *Life coaching, ADHD coaching and cognitive behavioral therapy: Compare and contrast*

Kubik, J. (2010, April). *Where the battle lines are drawn*. Presented at Ohio PTA Conference, Columbus, OH

Kubik, J. (2010, April). *Beyond finances; preparing emotionally for retirement*. Presented to FAA in Oberlin, OH for Balancing Life Issues.

Kubik, J. (2010, March). *Coping with change in the workplace*. Presented at Bank of America in Beachwood, OH for Balancing Life Issues.

Kubik, J. (2010, March). *Dealing with conflict in the workplace*. Presented to LaFarge in Aurora, OH for Balancing Life Issues.

Kubik, J. (2009, October). *Building life-long strategies*. Poster session at CHADD International Convention in Cleveland, OH.

Kubik, J., Lavin, A. (2009, October). *Two Proven Research Methods for Adults with ADHD*. Presented to the Ohio Psychological Association in Columbus, OH.

Kubik, J. (2009, October). *Coaching Builds Life-Long Strategies*. Poster presentation of the six-week workshop for Adults with ADHD. CHADD, Cleveland, OH.

Kubik, J. (2009, June). *Understanding and managing time with ADHD*. Presented at Northeast Ohio Home Educators' Conference, Alliance, OH

- Kubik, J. (2009, April). *Focus, Focus, Focus!!!: Tips from an adhd coach*. Presented at International Coach Federation (ICF) monthly meeting, Independence, OH
- Kubik, J. (2009, February). *AD/HD: A family affair*. 2-day Mini Conference presented in Solon, OH.
- Kubik, J. (2009, January). *AD/HD: A family affair*. 2-day Mini Conference presented Urbana, OH.
- Kubik, J. (2008, October). *Working with disorganized clients*. Presented at NAPO - Northeast Chapter, Cleveland, OH.
- Kubik, J. (2008, October). *Managing work and life*. Presented at General Electric, Erie, PA for LifeCare Inc.
- Kubik, J. (2008, September). *AD/HD: A family affair*. 2-day Mini Conference presented at St. School, Reynoldsburg, OH.
- Kubik, J. (2008, June). *Understanding and managing time with ADHD*. Presented at Northeast Ohio Home Educators' Conference, Alliance, OH
- Kubik, J. (2008, June). *Overcoming procrastination*. Presented at General Electric, Erie, PA for LifeCare Inc.
- Kubik, J. (2008, May). *Efficacy of ADHD coaching for adults with attention deficit disorder*. Presented at ACO (ADHD Coaches Organization), St. Louis, MO.
- Kubik, J. (2008, April). *Effective meeting management*. Presented at General Electric, Erie, PA for LifeCare Inc.
- Kubik, J., Parikh, S., DeLuca, K. (2008, April). *Attention deficit hyperactive disorder*. Presented and participated in panel discussion at Gates Auditorium in Elyria Memorial Hospital, sponsored by Neurology Center Inc., Elyria, OH.
- Kubik, J. (2008, March). *Time management & organizational skills*. Presented at General Electric, Erie, PA for LifeCare Inc.
- Kubik, J. (2007, November). *Efficacy of ADHD Coaching for Adults with Attention Deficit Disorder*. Poster presentation of research on ADHD Coaching for CHADD, Washington, DC.
- Kubik, J. (2007, October). *ADHD in the Workforce*. Presented at CHADD of Cincinnati, OH
- Kubik, J. (2007, October). *ADHD Kids*. Presented at the Fall Parent Mentor's Conference, Columbus, OH.
- Kubik, J. (2007, June). *When management of time or paying attention become a problem for the home schooler*. Presented at Northeast Ohio Home Educators' Conference, Alliance, OH
- Kubik, J. (2007, March). *The successful AD/HD student*, Presented to Oberlin Parent Group, Oberlin, OH
- Kubik, J. (2007, March). *The successful AD/HD student*. Presented at Lake Academy, Willoughby, OH
- Kubik, J. (2007, March). *ADHD and After School Care*. Presented at Grove City Parks & Recreation Center, Grove City, OH.
- Kubik, J. (2007, February). *Managing distractions with homeschoolers*, Olmsted Falls, OH.
- Kubik, J. (2007, February). *A positive approach to managing AD/HD*, Western Cuyahoga County School Crisis Counseling Team, Rocky River, OH.
- Kubik, J. (2007, February). *ADHD in the family*, Presented as a TeleClass for Ernst & Young.
- Kubik, J. (2007, February). *Parent-Student Awareness: A family affair*, Two-day conference presented at Brunswick Reformed Church, Brunswick, OH.
- Kubik, J., Manos, M., and Pfander, A.J. (Presenters) (2006, October). *Beyond the diagnosis of*

- AD/HD: A collaborative approach.* Presenting at Douglas G. Ullman Conference Center on Children's Mental Health, Bowling Green State University, Bowling Green, OH.
- Kubik, J. (2006, October). *Adults with attention deficit disorder.* Presented at Lorain County Board of MRDD, Elyria, OH.
- Kubik, J. (2006, October). *Aspergers & AD/HD: Not an uncommon pair.* Presented at Cuyahoga Community College Eastern Campus for National Disability Awareness Day, Highland Hts., OH.
- Kubik, J. (2006, October) *The successful AD/HD student.* Presenting at the Ohio Valley Educational Service Center and Sponsored by the Parent Mentors, Cambridge, OH.
- Kubik, J. (2006, October) *The successful AD/HD student.* Presenting at Brunswick High School and Sponsored by the Parent Mentors, Brunswick, OH.
- Kubik, J. (2006, September). *The successful AD/HD student.* Presented at Central Ohio SERRC, Columbus, OH.
- Kubik, J. (2006, September) *The successful AD/HD student.* Presenting at the Washington County Career Center and Sponsored by the Washington County Educational Service Center, Marietta, OH.
- Kubik, J. (2006, May). *The successful AD/HD student.* Presented at Godman-Guild Association, Columbus, OH
- Kubik, J. (2006, March). *AD/HD: A family affair.* 2-day Mini Conference presented at Mercer County Education Center, Celina, OH.
- Kubik, J. (2006, March). *The successful AD/HD student,* Presented at Stow-Munroe Falls School District, Stow, OH,
- Kubik, J. (2006, March). *The successful AD/HD student,* Presented at the Mideast Education Center, Mansfield, OH.
- Kubik, J. (2006, February). *The successful AD/HD student: The positive approach.* Presented at Insight Learning & Wellness Center, Beachwood, OH.
- Kubik, J. (2006, January). *The successful AD/HD student,* Presented at Hudson High School, Hudson, OH,
- Kubik, J. (2006, January). *The successful AD/HD student,* Presented at Mercer County Education Center, Celina, OH.
- Kubik, J. (2006, January) *AD/HD: A family affair.* 3-day Mini Conference presented at Northampton Baptist Church, Cuyahoga Falls, OH.
- Kubik, J. (2005, November) *A positive approach to managing AD/HD.* Presented at MetroHealth Hospitals, Department of Psychiatry and Psychology Medical Grand Rounds, Cleveland, OH.
- Kubik, J. (2005, November). *The successful AD/HD student,* Presented at Nordonia Middle School, Macedonia, OH.
- Kubik, J. (2005, November). *Living & learning in an ADHD world: A family affair.* Presented at East Shore SERRC, Kirtland, OH.
- Kubik, J. (2005, October) *Community and family: A positive attitude.* Presented at the regional conference for the Ohio Federation of Women's Clubs, Toledo, OH.
- Kubik, J. (2005, March). *The Successful AD/HD student.* Presented at the Mercer County Education Center, Celina, OH.

- Kubik, J. (2005, May). *Beyond the diagnosis of AD/HD: A positive approach to managing AD/HD*. Presented at The Cleveland Clinic Foundation, Department of Psychiatry and Psychology Medical Grand Rounds, Cleveland, OH.
- Kubik, J. (2005, May) *Beyond the diagnosis of AD/HD: A positive approach to managing AD/HD*. Presented at University Hospitals of Cleveland, Department of Psychiatry and Psychology Medical Grand Rounds, Cleveland, OH.
- Kubik, J. (TeleLeader) (2005, February). *Perception Matters: AD/HD adults seeking a diagnosis*. TeleClass International Services, Inc., <http://www.teleclassinternational.com>.
- Kubik, J. (2005, January). *How to understand and perceive the AD/HD student*. Presented at Cuyahoga Community College Eastern Campus, Highland Hts., OH.
- Kubik, J. (TeleLeader) (2005) *Adults with AD/HD*. TeleClass International Services, Inc., <http://www.teleclassinternational.com>.
- Kubik, J. (2004, December) *A positive approach to managing AD/HD*. Presented at Lakewood Hospital Department of Psychiatry and Psychology Medical Grand Rounds, Lakewood, OH.
- Kubik, J. (2004, November). *The successful AD/HD student*. Presented at St. Mary's Commons, Elyria, OH.
- Kubik, J. (2004, November). *AD/HD Teacher In-service*. Presented at St. Mary's School, Elyria, OH.
- Kubik, J. (2004, October). *What's hot and what's not with people with AD/HD/ADD*. Presented at 8th Annual National Disability Awareness Day, Cuyahoga Community College Eastern Campus, Highland Hills, OH.
- Kubik, J. (Instructor) (2004, Fall). *Attention deficit disorders: How can we cope?* Lorain County Community College, Social Sciences and Human Services Division (NSWK 101 EESP70), Elyria, OH.
- Kubik, J. (2004, June) *Beyond the diagnosis of AD/HD: A positive approach to managing AD/HD*. Presented at St. John West Shore Hospital, Department of Pediatrics, Grand Rounds, Westlake, OH.
- Kubik, J. (2004, June). *Recognizing a dysfunctional family: Building a healthy one*. Presented at United Methodist Church for Community Challenge, Rocky River, OH.
- Kubik, J. (2004, June). *An academy for including all, Part I: Positive approaches for attention deficit disorder*. Graduate Credits through Ashland University. Presented at East Shore SERRC, Kirtland, OH.
- Kubik, J. (2004, June). *Attention deficit disorders – Understanding their barriers – The skill of engaging and the challenge to reach these students*. Presented at Lorain County Community College for Lorain County Domestic Relations Court and Sponsored by Lorain County Community College, Social Sciences and Human Services Division, Elyria, OH.
- Kubik, J. (Instructor) (2004, Spring). *Attention deficit disorders: How can we cope?* Lorain County Community College, Social Sciences and Human Services Division (NSWK 101 EESP70), Elyria, OH.
- Kubik, J., Parikh, S., DeLuca, K. (2004, April). *Attention deficit hyperactive disorder*. Participated in panel discussion at Gates Auditorium in Elyria Memorial Hospital, sponsored by Neurology Center Inc., Elyria, OH.

- Kubik, J. (2004, April). *A little patience please, and a lot of love*. Presented at Diversion Adolescent Foster Care of Ohio, Inc., Findlay, OH.
- Kubik, J. (2004, January). *College and AD/HD: Challenges & barriers*. Presented at Cuyahoga Community College Metro Campus, Faculty Colloquium, Cleveland, OH.
- Kubik, J., Langley, K. (2003, October). *Raising resilient kids: Self-reliance and organization*, Presented at Rocky River High School and co-sponsored by PTA, Community Challenge, TA Council, and the Department of Rocky River Special Education, Rocky River, OH.
- Kubik, J. (2003, October). *The successful AD/HD student*. A teacher in-service presented at Cuyahoga Hts. Schools, Cuyahoga Hts., OH.
- Kubik, J. (2003, October). *Positive approach for attention deficit disorder*. Presented at East Shore SERRC, Kirtland, OH.
- Kubik, J. (2003, October). *Community & family: A healthy attitude*. Presented at the Hopewell SERRC, Hillsboro, OH.
- Kubik, J. (2003, May). *Student Leadership Program*. Presented at Sheraton Hotel and Conference Center for OAEOPP (Ohio Association of Educational Opportunities Program Personnel, Columbus, OH.
- Kubik, J. (2003, May). *S.C.O.P.E.: A Teacher In-Service*. Presented at Life Skills Center, Elyria, OH.
- Kubik, J. (2003, May). *Professional development*. Presented at Sheraton Hotel and Conference Center for OAEOPP (Ohio Association of Educational Opportunities Program Personnel, Columbus, OH.
- Kubik, J., Sender, M., (2003, March). *AD/HD: Managing the college agenda: Learning through structure and self-empowerment*. A roundtable discussion co-presented at MESA Community College and sponsored by AHEAD, Phoenix, AZ.
- Kubik, J. (2003, February). *Classroom Strategies*, Presented at Painesville Township Local Schools for Professional Staff In-Service, Painesville Twp., OH.
- Kubik, J. (2002, November) AD/HD: *S.C.O.P.E. (Student centered outcome plan and evaluation)*. Presented at Lorain County Community College Spitzer Center and Sponsored by the Lorain County Board of MRDD, Elyria, OH.
- Kubik, J. (2002, October) *Attention deficit disorders: The positive approach*. Presented at the Mid-Eastern Ohio SERRC, Cuyahoga Falls, OH.
- Kubik, J. (2002, September). *How dare you disrupt my classroom*. Graduate Credits through Ashland University. Presented at Kirtland High School, Kirtland, OH.
- Kubik, J. (2002, August). *Intro to college life: Students with disabilities*. Presented at Cuyahoga Community College Eastern Campus, Highland Hts., OH.
- Kubik, J. (2002, May). *Student centered outcome: A plan for success*. Presented at Hyatt Regency Hotel. Sponsored by the 8th Annual ADDA Conference, Chicago, IL.
- Kubik, J. (2002, February). *Classroom Strategies*, Presented at Painesville Township Local Schools for Professional Staff In-Service, Painesville Twp., OH.
- Kubik, J. (2002, February). *How dare you disrupt my classroom*. A teacher in-service presented at Kentucky School (Cleveland Municipal School District), Cleveland, OH.
- Kubik, J. (2001, December). *Successful AD/HD student and teacher in-service*. Presented at St. Mary's School, Vermilion, OH.
- Kubik, J. (2001, December-January). *How dare you disrupt my classroom*. A teacher in-

- service presented at West Side Ecumenical Ministry for Headstart, Cleveland, OH.
- Kubik, J. (2001, November). *The successful AD/HD student*. Presented at Wilbur Wright Middle School (Cleveland Public Schools).
- Kubik, J. (2001, November). *The successful AD/HD student: The positive approach*. Presented at Cuyahoga Special Education Service Center, Parma, OH.
- Kubik, J. (2001, October) *How dare you disrupt my classroom*. Presented at Lee Burneson Middle School, Westlake, OH.
- Kubik, J. (2001, October). *Coping with attention deficit/hyperactivity disorders*. Presented at Keystone Local Schools on NEOEA Day, LaGrange, OH.
- Kubik, J. (2001, October). *How dare you disrupt my classroom*. Presented at St. Mary's School, Elyria, OH.
- Kubik, J. (2001, October). *AD/HD classroom strategies*. Presented at Cuyahoga Community College Eastern Campus, Highland Hts., OH.
- Kubik, J. (Keynote Speaker) (2001, October) *AD/HD is a Hidden Disability* Presented at the National Disability Awareness Day at Cuyahoga Community College Eastern Campus, Highland Hts., OH.
- Kubik, J. (2001, August). *How dare you disrupt my classroom*. Presented at St. Mary's School, Painesville, OH.
- Kubik, J. (2001, January). *The successful AD/HD student: The positive approach*. Presented at Valley Forge High School and Sponsored by Parma Parent Mentors, Parma, OH.
- Kubik, J. (2000, October). *An overview on coaching for adults and adolescents with ADD*. Presented at St. John West Shore Hospital, Community Outreach, Westlake, OH.
- Kubik, J. (2000, October). *Behavior success strategies*. Presented at Lorain County Community College, Stocker Arts Center and Sponsored by Lorain County General Health District and NEOEA, Elyria, OH.
- Kubik, J. (2000, September). *The successful AD/HD student*. Presented at Blendon Middle School library for ADD-AD/HD Parent Support Group, Columbus, OH.
- Kubik, J. (2000, July). *Attention deficit disorder & adults: What does it look like?* Presented at NAMI (National Alliance for the Mentally Ill), Elyria, OH.
- Kubik, J. (2000, May). *The successful AD/HD student: The positive approach*. Presented at The Lions Club, LaGrange, OH.
- Kubik, J. (2000, May). *The successful AD/HD student*. Presented at LaGrange High School and Sponsored by B2C2 (Building a Better Community Committee), LaGrange, OH.
- Kubik, J. (2000, March). *Social skills training for families*. Presented at Avon Lake High School, Avon Lake, OH.
- Kubik, J., Parikh, S., DeLuca, K. (1999, April). *Attention deficit hyperactive disorder*. Co-presented at Gates Auditorium in Elyria Memorial Hospital, sponsored by Neurology Center Inc., Elyria, OH.

Guest Lectures

- Kubik, J. (2006-present). Ongoing classroom lectures. Presented at Lorain County Community College for Psychology Department
- Kubik, J. (2005) *AD/HD in the classroom*. Presented at Cleveland State University Extension

- for future educators, Westlake, OH.
- Kubik, J. (2005) *Adults with AD/HD*. Presented at M. Bistro for West Side Professional Women's Network, Westlake, OH.
- Kubik, J. (2003) *Successful AD/HD Student*. Presented at Cleveland State University. Cleveland, OH.
- Kubik, J. (1999) *AD/HD in the Classroom*. Presented at Lorain County Community College for Intro to Psychology class, Elyria, OH.
- Kubik, J. (1999) *AD/HD in the Classroom*. Presented at Lorain County Community College for Human Growth & Development class, Elyria, OH.

Service Presentations

- Kubik, J. (2006, April). *A Channel of Peace*. Presented at Ascension of Our Lord Church, Cleveland, OH.
- Kubik, J. (2006, March). *A Channel of Peace*. Presented at Cedar Point Center at BGSU Firelands and Sponsored by Phi Delta Kappa, Huron, OH.
- Kubik, J. (2006, February). *AD/HD in the Workplace*. Presented at Kiwanis International Avon Lake, OH.
- Kubik, J. (2005, September). *Organize Your Life*, Presented at CRS (Community Resource Services), Avon Lake, OH.
- Kubik, J., Pfander, A.J. (Presenters) (2005, March). *Collaborative Solutions for Adults with AD/HD*. Presented for NAPO – National Association of Professional Organizers, Columbus, OH.
- Kubik, J. (2005, March). *A Channel of Peace*. Presented at Holy Martyrs Church, Hinckley, OH.
- Kubik, J. (2002, March). *The 24/7 Woman*. Presented at Middleburg Hts. Recreation Center for Pampered Chef district meeting, Middleburg Hts., OH.
- Kubik, J. (2001, April). *Communication and Conflict Resolution in the Family*. Presented at Avon Lake Library for Avon Lake Preschool Parents.
- Kubik, J. (2000, October). *The Successful AD/HD Student*. Presented at Rocky River United Methodist Church for ADDLife
- Kubik, J. (2000, July). *Adults with AD/HD*. Presented at NAMI of Lorain County, Elyria, OH.

PUBLIC RELATIONS

Interviews

- Kubik, J. "Adults with AD/HD." Interview with Dr. Shoshana Bennett. World Talk Radio <<http://www.worldtalkradio.com>>. Sept. 2005.
- Kubik, J. "Collaborative Solutions for Adults with AD/HD." Interview with Monica Robins, Health Anchor. WKYC 13 July 2005, Interview available: <http://www.wkyc.com/news/news_article.aspx?storyid=37879>.
- Kubik, J. "Chat archive: Joyce Kubik answers your Adult AD/HD questions." By Monica Robins, Health Anchor. WKYC 13 July 2005, Available: <http://www.wkyc.com/news/news_article.aspx?storyid=37884>.

Kubik, J. Interview by Lorain County Community College Media Center. HOPE Elyria, OH. May 2002.

Kubik, J. Book Signing for S.C.O.P.E. (Student Centered Outcome Plan and Evaluation), Borders Books, Strongsville, OH. (2001, September).

Kubik, J. Book Signing for S.C.O.P.E. (Student Centered Outcome Plan and Evaluation), Borders Books, Westlake, OH. (2001, September).

Kubik, J. Interviewed by Lisa Burmeister. Call For Help. ALC-TV, Avon Lake, OH. Sept. 2000.

Kubik, J. Interview by Jay Lynn. Northcoast Connection. WQAL, Cleveland, OH. Aug. 2000.

Kubik, J. Interview by Bruce VanDyke. North Coast Conversations. WEOL/WNWX FM radio, Elyria, OH. Sept. 2000.

Kubik, J. Interview by Joan Lowry. Community Affairs. Media One, Elyria, OH. June 2000.

Kubik, J. Interview by April Baer. Cleveland Public Radio. WCPR, Cleveland, OH. December 2000.

Kubik, J. Interview by Bruce VanDyke. North Coast Conversations. WEOL/WNWX FM radio, Elyria, OH. June 1999.

Kubik, J. Interview by Lisa Burmeister. Here's to your Health. ALC-TV, Avon Lake, OH. May 1999.

CIVIC / VOLUNTEER WORK

- ADHD Coaches Organization (ACO) Board: Program & Benefits Chair since 2009
- Member of the General Federation of Women's Club (GFWC) (1987 - 2007)
- Member of the GFWC/ Ohio Federation of Women's Clubs, 1987 - 2007)
- Member, Women's Club of Avon Lake/GFWC, 1987 - 2007)
- Lake Erie District positions held:
- Legislation/Public Policy District Chairman – 2006-2008
- District President – Lake Erie District Clubs – 2002-2004
- Department of Education - 2000-2002
- Community Improvement Program – 2000–2002
- Department of Public Affairs – 1998–2000
- District Chairman: Legislation & Public Policy – 1996-1998
- President of the Women's Club of Avon Lake/GFWC – 1994-1996
- Homemaker Scholarship - GFWC/Ohio Federation of Women's Clubs -1999

Significant Leadership Project

I represented the City of Avon Lake, on behalf of the Women's Club of Avon Lake, in a community wide effort to reduce the long distance rate for calling into Cuyahoga County and Elyria, Ohio. I created an informational flow among Ohio state officials, PUCO, and Ohio Consumer's Council, gaining support and participation, in the organization of a public hearing with representatives from the Public Utilities Commission of Ohio and CenturyTel's attorneys, lasting 13 ½ hours. (1995, May).

RECOGNITIONS

- ADHD Coaches Organization (2010) Newsletter - Ground-breaking study on coaching
- Grieshop, S. (2006, January 4). Learning to focus. *The Daily Standard*, Celina, OH, p.1A.
- Stebbins, J. (2000, March 9). Keeping their thoughts on track. *The Sun*, p.1C
- Allyn, S. (2005, November 13). Women's club makes Avon Lake a better place to live. *The Morning Journal*, p.G1.
- Crabtree Thomas, K. (2005, September). OPA members in the news. Columbus, OH.
- Lorain County Community College (2005, August 17). *Certificate of Appreciation as an adjunct faculty member. Division of Social Sciences and Human Services*, Elyria, OH.
- May, D. (2005, March 14). Understanding AD/HD. *Rural-Urban Record*, Columbia Station, OH. 50(37), 12.
- Shea, K. (2004, January 15). Honored [The time has arrived . . .]. *The Sun News*, p.C4.
- Mikula, J. (2003, February 17). Library to host AD/HD workshop series. *The News-Herald*, p.A3.
- Staff Writer. (2003, February 13). Book has plan for self-analysis. *The Sun*.
- Staff reports. (2003, October 10). Workshop offers help for those dealing with AD/HD. *The News-Herald*.
- Perozek, D. (2002, May 19). A dream realized: LCCC grad overcomes disorder. *The Chronicle-Telegram*, Elyria, OH. p.A1.
- McElhatten, D. (2002, May 8). Speaker on ADD claims early intervention is key. Republic, OH.
- Ortega, R. (2002, April 10). Student to speak in Chicago. *The Collegian*, Elyria, OH.
- Staff Writer. (2002, March 27). Kubik to speak at AD/HD national conference. *The Press*, p.15.
- Staff Writer. (2002, March 21). Expert featured at ADDA event. *West Side Sun News*, p.C2
- Staff Writer (2001, April 19). New book provides help for individuals with ADD. *The Chronicle-Telegram*.
- Stephens, S. (2001, March 12). Going the distance to learn. *The Cleveland Plain Dealer*, p.1B.
- Kubik, J. (1999). Asset Builder Award. *Elyria City Schools Family Resource Center*, Elyria, OH
- Mosbrook, J. (1999, September 20). ADD, AD/HD focus of class. *The Chronicle-Telegram*, p.A5.
- Klear, C. (1999, July 28). Bridging the gap to information through ADD class. *Press & Light*. P.3
- Kubik, J. (1999, April 7). Attention deficit disorder . . . Parent-student awareness program. *The Press*. p.14.
- Staff Writer. (1998, September 30). Program teaches success for ADD/HD students. *The Press*. P.32.

WORK EXPERIENCE

Bridge To Success Skills Training, Inc., Avon Lake, Ohio:

- June 1998 to present

- President & Owner
- AD/HD Coach and Life Skills Trainer
- Certified Cogmed Working Memory Coach
- Adult Support Group Leader (CHADD)
- Author
- Presenter
- Personal AD/HD Coach
- Conducts workshops for families, college students and adults with AD/HD
- TeleLeader through TeleClass International

Lorain County Community College

October 1998 to present

- Adjunct Instructor (Social Sciences Division)

Cuyahoga Community College

September 2001 to present

- Adjunct Instructor (Access Department)

Skills

Proficient in all Microsoft products: Word, Excel, PowerPoint, Publisher (2002)

Proficient in Adobe PageMaker 7.0

Proficient in Adobe Acrobat 6.0

Program Development

- Building a Foundation Before One-on-One Coaching Begins - A six-part workshop for coaches to learn how to work with ADHD clients. (2009, September)
- Coaching & Building Life-Long Strategies for Adults (1999)
- Collaborative Solutions: 1st in Ohio to develop and offer a collaborative approach to managing Adult AD/HD utilizing the collective efforts of a Healthcare Provider, an AD/HD Coach and a Professional Organizer. Written & designed by Bridge To Success and Organize & Simplify. (2005, January).
 - Parent-Student Awareness workshops
 - Graduate coursework for primary and secondary education
 - Adult AD/HD Workshops
 - One and two credit courses for college students
 - Coaching for Attention Deficit Disorders

REFERENCES: Available on request