

Media Inquiries:

Diane DeLisa

646-924-9935/646-295-5625

ddelisa@yahoo.com

A.D.D. COACHING GROUP ANNOUNCES 99.5 WBAI Radio Interview by Nathalie Thandiwe, Creator & Host of The Women: Body and Soul Show featuring Frank Coppola

Prominent A.D.D. Expert and Psychotherapist, Frank Coppola, who offers a Dramatic New Approach to Transforming the A.D.D. / A.D.H.D.

Conversation with Ten Ways to Benefit is to be interviewed for 99.5 WBAI Radio, Thursday, December 28, 2007, 12-1PM

New York, NY, December 26, 2007 – The A.D.D. Coaching Group, an organization identifying and leveraging the unique talents and strengths of individuals living with A.D.D., today announced an upcoming 99.5 WBAI Radio Interview by Nathalie Thandiwe, Creator & Host of The Women: Body and Soul Show featuring Frank Coppola, Founder of the ADD Coaching Group.

“I feel ADD/ADHD is an important topic for women and the impact on their lives is dramatically underestimated. I feel Frank Coppola of the ADD Coaching Group has the insight, resources, strategies and tools for living successfully with ADD which I wanted to share with my audience” said Nathalie Thandiwe.

Frank Coppola created the A.D.D. Coaching Group (www.addcoachinggroup.com) and its Benefit with ADD™ programs, classes and workshops as a new perspective to A.D.D. – following many years of struggling with misdiagnosis, critical judgment and perpetual self-criticism. Upon realization of his individual symptoms, he comprehended his new perspective and set out to receive several degrees offering advanced knowledge to those feeling depressed by their symptoms. *Ten Ways to Benefit* presents a new paradigm – one that transforms the view of A.D.D. as a disability to one that allows individuals to capitalize on and flourish with their unique abilities and potential.

A.D.D. is a neurological-biological disorder, which challenges areas of attention, impulsivity and hyperactivity. For many years, hyperactivity was considered only physical and frequently seen in children and adults who are unable to sit still. Today, hyperactivity includes cognitive and physical behavior. The A.D.D. Coaching Group takes the approach of viewing this as a ***creative mind*** rather than a negative stigma and a losing battle. Mr. Coppola has demonstrated that with proper diagnosis, education and the aid of an expertly trained coach, this sophisticated and revolutionary approach offers a different perspective than merely through prescription.

This process is called ***ADDing Perspective*** and once discovered and experienced patients learn to Benefit with ADD™ & WIN with ADD™. By working together to uncover talents and maximize strengths, scores of clients have learned to take advantage and benefit from the A.D.D Coaching Group.

Discussion points to be covered during the show include:

- Support and strategies for living successfully with ADD and ADHD
- How ADD/ADHD Impacts Women/girls
- Strategies for maximizing strengths when living with ADD/ADHD
- The only thing wrong with A.D.D. / A.D.H.D. is not knowing it is there.
- What we pay attention to expands
- Medical Implications of ADD – Medication or Natural Alternatives
- Living in the Decade of Distraction, A.D.D. / A.D.H.D. can actually be an asset and a competitive edge
- A unique perspective that defines ADD/ADHD
- How best to educate yourself and those around you
- Statistics regarding people living with ADD/ADHD
- Typical Treatments for ADD/ADHD
- Neurology of Attention Deficit Disorder
- How the ADD Coaching Group work
- Frank Coppola’s journey and inspiration

Mr. Coppola gives a monthly seminar at The Learning Annex ([Moving Beyond Adult ADD with Frank Coppola](#)). Designed to enhance the lives of people living with Attention Deficit Disorder (A.D.D.) and Attention Deficit Hyperactivity Disorder (A.D.H.D.), *Ten Ways to Benefit* details why people living with these “disorders” are, in fact, can be more gifted and have greater opportunities if shown *how* to work with them.

“We are living in the Decade of Distraction. Surprising as it may seem, people living with ADD may have a competitive advantage over others especially, for example, with the ability to multitask. With the enormous amount of data and information coming at us through TV, cable, the internet and other media, the ability to multitask becomes an important component for success over the coming years” stated Mr. Coppola.

About Frank Coppola

Frank Coppola is the founder and Executive Director of the A.D.D. Coaching Group, which offers individual coaching, workshops and teleclasses in North America and Europe. Born and educated in New York, Mr. Coppola attended St. John’s University and earned a Masters in Education from NYU while teaching for the NYC Board of Education. He graduated from the five-year course of study: Ontological Design (O.D.C.) a MBA/PhD level program in Leadership, Strategy, Business and Organizational Management. He is a practiced Clinical Psychotherapist with offices in NY and a trained A.D.D. coach, author, public speaker, educator, musician and entrepreneur.

With over 20 years in communication, education and entertainment, Frank Coppola has helped numerous people work through the challenges of A.D.D. / A.D.H.D. His unique approach, ***ADDingPerspective***, is a practical and inspiring program focused on self-esteem and personal growth, which assists clients in all areas of their lives. Frank Coppola's approach has been featured in several publications, including Inc Magazine and The Daily News.

About Nathalie Thandiwe

Nathalie Thandiwe is the creator, producer and host of the show, Women: Body and Soul, which facilitates provocative dialogue about women's health, relationships and sexuality, providing holistic, multicultural perspectives. The show airs in a one-hour time slot and takes about 55 minutes to do, and guests can participate by phone, or live in the downtown Manhattan engineering studio. The listening audience is diverse in culture, race, religion, sexual orientation and class. The station is a Pacifica station and is known for being listener-funded, community-based radio that provides alternative views and news analysis. WBAI airs in the New York market, as well as online to listeners across the country and throughout the world.

For more information, visit their website at www.addcoachinggroup.com.

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