



Stuart Cohen — ADHD as a Skill Set™ — Extended Speaker Bio

Stuart Cohen is a Certified ADHD Life Coach, speaker, and author who helps adults reframe ADHD as a Skill Set™—and ultimately as an asset rather than a liability. Diagnosed later in life, Stuart spent years wrestling with emotional intensity and a harsh inner critic before transforming that experience into a clear, compassionate mission: to help ambitious adults quiet the noise, release shame, and build sustainable momentum.

Before becoming an ADHD coach, Stuart spent more than two decades building businesses, leading teams, and speaking professionally. On the outside, his life looked successful. On the inside, it often felt exhausting—racing thoughts, emotional swings, impulsivity, regret, and a constant sense of falling short despite real achievements. His ADHD diagnosis wasn't a setback; it was a turning point. For the first time, everything made sense.

Today, Stuart helps clients move from shame to self-understanding, from emotional reactivity to calm, and from self-doubt to self-trust. His coaching is strength-based, shame-free, and deeply human. Rather than trying to fix ADHD, Stuart teaches adults how to work with their wiring—building personalized tools that honor how their brain actually functions.

Stuart is the founder of ADHD as a Skill Set™ and the author of the forthcoming book ADHD UNShamed, a collection of real stories and emotional truths designed to help adults feel seen, understood, and hopeful. He believes ADHD can be a powerful asset when energy, emotions, and expectations are managed with intention and compassion.

Known for his calm presence, straight talk, and warmth, Stuart creates a space where people finally exhale—and begin to see themselves not as broken, but as capable, creative, and whole.

[271 words]

Stuart Cohen — ADHD as a Skill Set™ — Standard Speaker Bio

Stuart Cohen is a Certified ADHD Life Coach, speaker, and author who helps adults reframe ADHD as a Skill Set™—and as an asset, not a defect. Diagnosed later in life, he spent years wrestling with emotional intensity and a harsh inner critic before turning that lived experience into a mission to help others move from shame to clarity and self-trust.

As the founder of ADHD as a Skill Set™ and the author of the forthcoming book ADHD UNShamed, Stuart uses a strength-based, shame-free approach that helps clients quiet mental noise, build sustainable habits, and work with their ADHD wiring rather than against it.

[104 words]

Stuart Cohen — ADHD as a Skill Set™ — Brief Speaker Bio

Stuart Cohen is a Certified ADHD Life Coach, speaker, and author who helps adults see ADHD as a Skill Set™—and as a powerful asset. Diagnosed later in life, he brings a calm, shame-free approach that helps people quiet mental noise, rebuild self-trust, and create sustainable momentum. He is the author of the forthcoming book ADHD UNShamed.

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