**Theresa E. Laurie Maitland Ph.D., CPCC, PCC**

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**Brief Bio**

Theresa E. Laurie Maitland Ph.D. has been in the field of education for over 40 years as a teacher, professor, trainer, presenter, consultant, clinician, coach, author and researcher. Dr. Maitland has worked in a variety of programs and roles that center around individuals of all ages with learning and attention differences. Half of her career was spent working in a college setting.

Dr. Maitland is a leading expert on college students with ADHD/LD. It is her passion to help individuals diagnosed with ADHD/LD turn those challenges into gifts. Dr. Maitland also believe it is important to guide the families of these individuals and professionals who support them to understand and appreciate these puzzling differences. Consequently, she has led numerous workshops, webinars and presentations on ADHD/LD issues, been a consultant to schools and other agencies, coached individuals, written articles and developed curriculum materials at the local and national level.

She co-authored two Mom’s Choice Gold Award winning books with Dr. Patricia Quin on the topic of transition to college: **Ready for Take-Off: Preparing Teens with ADHD/LD for College,** and **On Your Own: A College Readiness Guide for Teens with ADHD/LD**. She was the Principal Investigator on two research studies evaluating the impact of coaching on college students with ADHD/LD and a large scale study evaluating the college graduation rates and enrollment patterns of teens with ADHD/LD. She was the Co-Chair of the Professional Advisory Board of CHADD (Children and Adults with Attention Deficit Disorder) for several years and contributed to the development of **The National ADDA (Attention Deficit Disorder Association) Guiding Principles for Coaching Individuals with Attention Deficit Disorder.**

In 1997, Dr. Maitland was one of the first professionals in higher education trained as a life coach. She and her colleagues introduced coaching to the community at the University of North Carolina at Chapel Hill as well as professionals at other higher educational institutions. In 2003, she became a Certified Professional Co-Active Coach (CPCC) and an International Coach Federation (ICF) Certified Coach in 2018. In addition to coaching hundreds of college students over the years, Dr. Maitland also coauthored one of the first books published on the topic of coaching college students. During her career at UNC, Dr. Maitland coauthored a coach approach training program that has reached over 300 staff and faculty at UNC. She has participated in one research study evaluating the impact of this training on participants and another investigating the impact of coaching on undergraduates.

Dr. Maitland has a private coaching and consulting practice to share her expertise regarding individuals with ADHD/LD and coaching with the local, national and international educational community.