



I was diagnosed with ADHD when I was 16 years old after marching myself up to the school counselor's office. I was sick of being unable to concentrate and knew something had to give.

After being on medication for two years, I began exploring ways of overcoming ADHD without having to use medication. Through a combination of lifestyle changes, systems and technology I've found way to overcome my ADHD and the challenges it presents. I now live with it instead of struggling against it.

Since my diagnosis I've studied a Bachelor of Visual Communications (UWS), run my own small design consultancy, worked in the online publishing and advertising industry as a Digital Producer managing a team and worked on various ventures.

Through [ADDucation](#) I now work with boys in their teens and men, both individually and with their families, helping them to overcome their ADHD by drawing from my experience and research. You can find out more about my approach in [The S.E.E.D. Approach To Drug Free ADHD](#).