

Christine Kotik, PCC, NBC-HWC

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An experienced ADHD coach, speaker, and educator, I specialize in empowering individuals of all ages to harness their strengths, build effective strategies, and achieve personal and professional success. Through my coaching, I provide tailored support that enhances executive functioning, productivity, and well-being.

In addition to ADHD coaching, I integrate a health and wellness perspective, helping clients and organizations cultivate sustainable habits that improve focus, resilience, and overall performance.

As a sought-after speaker, I deliver engaging presentations that challenge myths, foster understanding, and inspire action in both personal and professional settings.

My background in business ownership and accounting further equips me with a strategic approach to supporting individuals and organizations in navigating challenges and achieving their goals.

Education

- B.S., Accounting, Case Western Reserve University, 1991.
- B.+., Middle Childhood Education, Ashland University, 2009.

Certifications

- National Board Certified – Health & Wellness Coach (NBC-HWC), National Board for Health & Wellness Coaching, 2022.
- Dr. Sears Wellness Institute Certified Health Coach, 2022.
- Foundations of Great Coaching, Enhanced Practitioner, 2020.
- Professional Certified Coach (PCC), International Coach Federation, 2019.
- Conversational Intelligence for Coaches, Enhanced Program, 2017.
- Associated Certified Coach (ACC), International Coach Federation, 2015.
- Certified Coach, Coach Training Alliance, 2015.

Professional Experience

- Owner and ADHD Coach, CK ADHD Coaching & Consulting, 2015-Present.
- Faculty, JST Coaching & Training, 2016-2020.
- Facilitator, CHADD Parent to Parent Training, 2010-Present.
- Faculty and Science Department Head, Marburn Academy, 2009-2015.

Leadership Roles

- President, ICF Columbus, January 2024-Present.
- State Coordinator, CHADD, 2012-Present.
- Chapter Advisory Board Co-Chair, CHADD, 2026-Present
- Vice President of Communications, NAWBO Columbus, July 2024-July 2025.
- Treasurer, ADHD Coaches Organization, 2015-2024.

Professional Memberships

- Ohio National Speakers Association, 2024-Present
- Institute of Coaching Affiliate Member, 2024-Present.
- National Wellness Institute, 2023-Present.
- National Association of Women Business Owners (NAWBO) and NAWBO Columbus, 2024-Present.
- International Coaching Federation, 2015-Present.
- ADDA, 2019-Present.
- Ohio AHEAD, 2019-Present.
- ADHD Coaches Organization, 2015-Present.
- CHADD, 2010-Present.

Presentations

- "Coaching Clients with ADHD: What Every Coach Should Know", ICF Columbus Meeting, February 2026
- "ADHD and Money Matters", Various CHADD Chapters, 2025 – 2026
- "In Their Shoes: An ADHD Simulation Experience", Marburn Academy, October 2025
- "ADHD and Workplace Communication: Challenges and Strategies for Employers", NSA Ohio, September 2025
- "Time Blindness and Time Management: A Real Challenge for ADHD Adults", Midwest CHADD, July 2025
- "Brain Friendly Business: From Chaos to Clarity", Your Next Big, June 2025
- "From Chaos to Clarity: Unlock Your Schedule's True Potential", Women's Leadership Conference, June 2025
- "The Coach Approach: Transforming Disability Services for Student Empowerment", Ohio Ahead, April 2025

- "ADHD Success Toolkit - Navigating Adulthood with Confidence", Penta Career Center, September 2024
- "Empowering ADHD Clients Through Assessments", International Conference on ADHD, December 2023.
- "Acknowledging Our Gremlins", Women In Computer Technology, New Year/New You, November 2023.
- "Being Neurodivergent in a Neurotypical World", New Reality Menopause Series, July 2023.
- "Take Back Your Mornings to Take Control of Your Life", New Reality Women's Retreat, April 2023.
- "Teach Your Child Financial Responsibility", CHADD webinar series, 2021.
- "Transitioning from Middle to High School with ADHD", ADHD in Middle School Virtual Summit, 2020.
- "When You and Your Child Have ADHD – Communication Skills to Resolve Conflict", CHADD webinar series, 2020.
- "ADHD Goals Mastermind", Rena-Fi, 2020.
- "Through the ADHD Lens: Seeing and Using Time", Rena-Fi, October 201

