

# AARON FRANK

ADHD Entrepreneur,  
Founder and CEO of  
The ADHD Project

THE **ADHD**  
PROJECT

**ADHD**PROJECT  
PLANNER

**WORKING TO RAISE AWARENESS, END  
STIGMAS, AND SHOW PEOPLE FROM ALL  
WALKS OF LIFE HOW OUR LIMITATIONS  
OFTEN BECOME OUR STRENGTHS.**



## About Aaron

After a decade in the financial industry, Aaron founded The ADHD Project as a way to help those with ADHD lead more fulfilling lives by sharing strategies, practices, and resources. He has dedicated himself to showing those of all different abilities that we all are capable of doing something great with our lives.

Aaron lives in New England with his Fiancee. He spends his time travelling, speaking to companies and organizations, and advocating for neurodivergence and mental health awareness.

## What can ADHD teach us about life, perseverance, and the Human Experience?

ADHD is more than just having a short attention span. For millions of people across the world, it's a deeply emotional condition, impacting your fundamental perception of the human experience and requiring constant effort to manage. Aaron speaks on how he's turned this and other challenges into strengths, and finding your inner inspiration to push forward in the face of endless obstacles.

To Learn More:  
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