



DR. NEKESHIA HAMMOND

Psychologist • Speaker
ADHD Specialist

VIRTUAL PRESS KIT

ABOUT DR. HAMMOND



Dr. Nekeshia Hammond is an author, speaker and authority in child psychology, with a specific mission to support and educate parents and teachers of children with ADHD. As psychologist, owner of her private practice, Hammond Psychology & Associates, P.A., and professional for over 15 years, Dr. Hammond has helped hundreds of children, parents and teachers cope with ADHD and improve their conditions.

Dr. Hammond is the former President of the Florida Psychological Association. She is the recipient of:

- The President's Volunteer Service Award (2012)
- FPA What a Woman Award (2014)
- APA Early Career Achievement Award (2015)
- TBBJ Up and Comers Award (2015)
- I AM L.E.E. (Living Education Everyday) Award (2017)
- FPA Distinguished Psychologist Award (2018)

Dr. Hammond makes regular media appearances to help increase public education about mental health issues. She has been featured on NBC, ABC, and CBS, as well as several magazines and radio shows throughout the country. She is the TV show host of Parenting Explained with Dr. Hammond, and author of the books ADHD Explained: What Every Parent Needs to Know as well as The Practical Guide to Raising Emotionally Healthy Children. Dr. Hammond has also designed "Understanding ADHD: A Comprehensive Course for Parents and Teachers" to help parents and teachers better understand ADHD and how to help children.

See more at:

www.DrNekeshiaHammond.com

ABOUT ADHD EXPLAINED:

What Every Parent Needs To Know

The guide to living a healthy ADHD life.

ADHD Explained: What Every Parent Needs To Know was designed to help parents who have a child with ADHD or think their child may have ADHD. In this book the reader will explore:

- Myths of ADHD
- Causes of ADHD
- 5 critical steps to take for success
- Comprehensive evaluations to assess ADHD
- Key strategies to communicate with the school
- Tools to help your child at home
- Modifications to help your child in school
- Treatment options for you and the family
- Parent self-care
- Taking the "team" approach
- Advocating for your child
- Community resource

ADHD Explained: What Every Parent Needs To Know was designed to help parents who have a child with ADHD or think their child may have ADHD. In this book the reader will explore:

There are so many myths about ADHD in society, but parents deserve to know the truth. This book is presented in an easy-to-read format with steps on how to help their child.

While there is a stigma of mental health, parents can feel empowered to break through this stigma and get their child the help and the resources they need. The reality is that parents who are more educated about ADHD can make better informed decisions for their children's well-being. **ADHD Explained: What Every Parent Needs to Know** has been recognized as a book award winner in the 2018 Readers' Favorite International Book Award Contest, "...which features thousands of contestants from over a dozen countries, ranging from new independent authors to NYT best-sellers and celebrities".

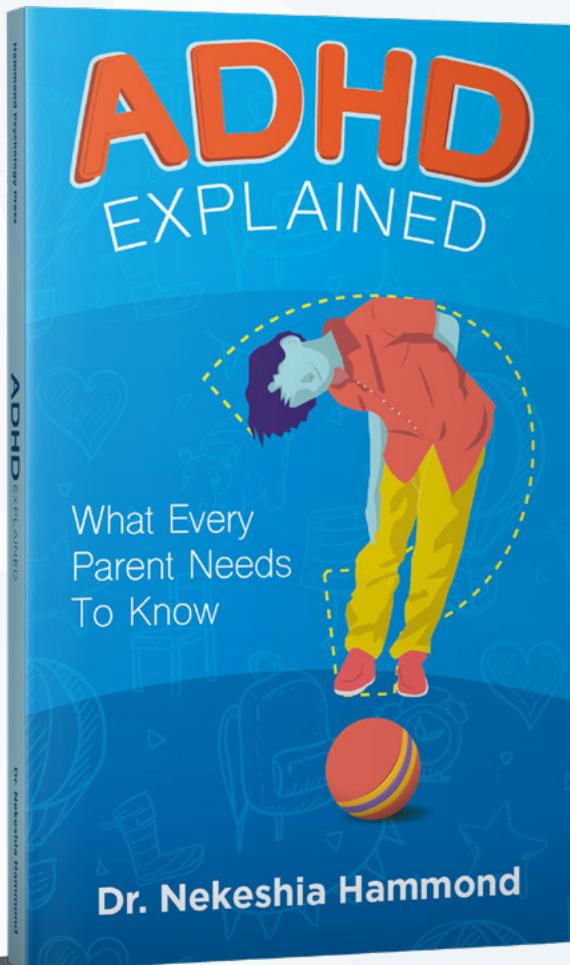


[Find ADHD Explained: What Every Parent Needs To Know on Amazon:](#)



FIVE REASONS TO READ

ADHD Explained: What Every Parent Needs To Know



- Myths and stereotypes of living with a child with ADHD are debunked, and the truth about ADHD are revealed.
- Removes the bad stigma on mental health.
- Educates parents on how to best handle home life and communicating with a child with ADHD.
- Provides tools on how to improve children's schooling and activities.
- Helps parents take away any guilt they may have and provides them with their own steps to self care.

SPEAKER PROFILE



Dr. Hammond has spoken at various events around the country on issues related to children's mental health, overall wellness, and stress management. She is the most passionate about changing the lives of others by speaking to various audiences.

Speaker Topics

Children's Mental Health: Modern Day Struggles and Solutions

In this topic, Dr. Hammond explains one of the most common conditions found in today's modern society, ADHD. She explores the stigma of mental health, issues produced by bullying, challenges with learning disabilities, and much more.

Empowered Women In Business

Based on her experience as a private business owner, Dr. Hammond explains how women can achieve a proper work, life, and family balance. She also assists women on how to show up as a leader in the boardroom.

Health And Wellness Is For Everyone

In this lively talk, Dr. Hammond goes through practical advice to help everyone reach a state of wellness, including fast-moving professionals. She covers pragmatic tips on stress management and self-care for parents.

Dr. Hammond's Previous Speaking Engagements

- Women of Influence event - Mountain View, CA
- Florida Psychological Association events - Florida
- Practice Leadership Conference (APAPO) - Washington DC
- Fall Educator Conference - Bismarck, North Dakota
- Keynote speaker for Greensboro, NC mental health community event
- James E. Scott Black Student Leadership Conference - University of Florida
- The Family Cafe conference - Orlando, FL

Watch Dr. Hammond speak:



MEDIA PROFILE

Parenting Explained with Dr. Hammond

Parenting Explained with Dr. Hammond is a TV show designed to empower parents. When asked what most parents want for their children, the answer is often for them to be 'healthy and happy'. Dr. Hammond interviews industry experts to guide parents on the journey through parenting. Each show is comprised of helpful tips and current trends in parenting, including education, mental wellness, behavior, social-emotional development, social media, and family bonding, to name a few.



Listen Now:
www.DrHammondShow.com

www.DrNekeshiaHammond.com

BOOKING INFORMATION

Phone:

(813) 654-0503

Email Address for Booking:

DrH@HammondPsychology.com

Physical Address for Booking:

710 Oakfield Dr. Suite 153
Brandon, FL 33511
United States

See more about Dr. Hammond at:

drnekeshiahhammond.com

See more about her show at:

drhammondshow.com