



The Podcast Trailer Transcript

April 12, 2022

Karen Costa:

My name is Karen Costa, and this is the ADHD Gallery.

I got my official diagnosis of ADHD at age 40, about a week before we went into the first COVID lockdown in March of 2020.

Yeah, I don't recommend getting a life-changing diagnosis at the start of a global pandemic.

While I've lived with ADHD for most of my life, what I've learned in the past two years about my unique, bright, expansive, struggling, challenged, hopeful brain could fill up...well...an entire podcast. While I've been doing a ton of work lately to educate educators about supporting students with ADHD, something has been poking at me: a need to talk about this experience of a later-in-life ADHD diagnosis and the desire to create something for my fellow ADHDers.

I'll be your host and curator, finding and sharing interesting ADHD ideas to discuss with you. So come on in, and let's be weird and wonderful, together.

Welcome to the ADHD Gallery.