

# TRACEY COHEN

AUTHOR, SPEAKER, WORKSHOP FACILITATOR



Martin Wooledge Photography

Tracey Cohen was diagnosed with Asperger Syndrome at age 39. Determined to help others avoid the many pitfalls and hardships experienced living life undiagnosed as well as to help guide friends and family of those struggling with the condition, Tracey wrote

and published her first book, ***Six Word Lessons on Female Asperger Syndrome*** in 2015. Tracey speaks regularly about autism to school groups and at conferences. In 2017, she created a discussion group at Oakland University's Center for Autism for adult women with Asperger's or High Functioning Autism.

Also in 2017, Tracey was awarded the **Ted Lindsay Foundation/Fedorov Individual Courage Award** for "demonstrating great character and perseverance in living with the challenges of this disorder."

A lifelong, competitive runner, Tracey wrote and published ***Six Word Lessons on the Sport of Running*** (2017) to help people recognize their potential and achieve goals never deemed possible.

In 2020, she wrote and published ***My Life on the Autism Spectrum*** to bring greater awareness to autism through her life story.

Candid and genuine, Tracey speaks from the heart combining her own experience along with ongoing research, customizing each presentation to the needs and desires of her audience.

Tracey received a Bachelor of Science in Kinesiology in 1993 with a K-12 Teaching Certificate from University of Michigan, Ann Arbor and was a U.S. Peace Corps Volunteer from 2003 to 2005.

## SPEAKING AND WORKSHOP TOPICS

Tracey is happy to customize her presentations to suit the needs and desires of her audiences. She speaks on many different aspects of autism spectrum disorder and running, including:

- ◆ Differences between males and females with ASD
- ◆ The importance and benefits of diagnosis at any age
- ◆ Enjoying holidays and special events with ASD
- ◆ Tracey's connection with ASD and running
- ◆ Achieve success and enjoyment from running at any age, the many different sides of running, the importance of shoe selection and more

## TESTIMONIALS

*Tracey has spoken to our families impacted by autism multiple times. Her honesty, clarity, and authenticity continually impress our audiences. Tracey unabashedly and humbly shares her personal experiences in a way that immediately connects with her listeners.* –Kristin L. Rohrbeck, MA, Director of Oakland University Center for Autism Outreach Services (OUCARES)

*Tracey Cohen gave us a candid and heartfelt look at the life and experiences of someone on the Autism Spectrum. Her presentation contained both humor and honesty and left all who attended inspired. She is a phenomenal spokesperson for the Autistic community. Miss Cohen's presentation was one of the best we have had within our Lifelong Learning program at Schoolcraft College Continuing Education.* –Felicia Bannan, Program Coordinator, Schoolcraft College

**A few of Tracey's clients include:** Schoolcraft College, Oakland University, Child Connect for Family Success, Autism New Jersey, Novi Library, Highscope, and Houghton Lake High School .