



Crimson Coaching™

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Workshop Description

Achieving Goals: Tips from Science and a Goal-Setting Junkie

A Workshop for Students, Parents, and Teacher

Harvard degree at 21. Ph.D. at 35. Yoga teaching certification at 40. Veteran educator and President of **Crimson Coaching™**, Dr. P. (Dominique Padurano, Ph.D.) has set and achieved many academic and personal goals. In this workshop, she will share some of her own secrets – and those she’s culled from her research into the science of maintaining motivation. Perfect for students in grades 6 to adult and for parents and teachers of all aged children. Bring a notebook, pen or pencil, and an open mind.

Dr. P.’s Bio

After teaching for more than a decade at some of the nation’s top high schools, Dominique Padurano, Ph.D. (“Dr. P.”) founded Crimson Coaching, a boutique tutoring, test prep, and college counseling consultancy. A self-confessed “recovering Type A personality,” Dr. P. earned her own Bachelor’s degree, *magna cum laude*, from Harvard College, possesses a Master’s in Education and a Ph.D. in History – and a certification to teach yoga. She works with clients worldwide and may be contacted directly at info@crimsoncoaching.com.