



Crimson Coaching™

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Dr. P. (Dominique Padurano, M.S., Ed., Ph.D.) **Workshop Description**

Centering the Self during the College Application Process

A Workshop for 10th-12th Graders

The process of applying to college overwhelms millions every year. Studying for the SAT, visiting campuses, figuring out where to apply, and filling out the applications drive fear and anxiety into the hearts of not just students, but their parents, as well. This talk won't necessarily erase that tension. But it *will* help families to manage and alleviate it. By centering the self – asking questions and listening to the answers about what's important to the student – during each step of the college application process, it can become an enlightening and even joyful process for the family. Students should attend with their parents or the caretakers who will be by their side during the transition out of high school.

Dr. P.'s Bio

During her 25-year teaching career, Dr. P. has helped hundreds of students in their journeys to college. Following a ten-year, full-time teaching career at some of the nation's top high schools, Dr. P. founded Crimson Coaching in 2014 to work one-on-one with students and families.

After attending Harvard College, where she graduated *magna cum laude* with a bachelor's degree, Dr. P. went on to earn a master's degree in education and a Ph.D. in history. Along the way, she also became a certified yoga teacher, enabling young and old to better understand their hearts through guided meditation and breathing exercises. **This unique program merges Dr. P.'s expertise in college counseling and mindfulness teaching to enable parents and students to achieve greater clarity and less stress during the college application process.**

A published author, Dr. P. currently teaches at the City University of New York and works privately with students worldwide. She may be contacted directly at info@crimsoncoaching.com.