



Crimson Coaching™

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Dominique Padurano, Ph.D.

Workshop Description

Taming Anxiety:

A Workshop for Students Grades 6-12 and Their Parents

The Regents, final and standardized exams of the end of the school year cause many students stress and anxiety. In this workshop, **Dr. P.**, Dominique Padurano, a certified yoga instructor, former high school teacher, and now President of **Crimson Coaching™**, an elite tutoring firm, teaches students and their parents a variety of techniques to relax at home and combat test anxiety in school. After delivering a short lecture, Dr. P. leads the group through several hands-on activities, so students and parents should dress comfortably. If this workshop is delivered in person, students must be accompanied by a parent and should bring: (1) a pen or pencil; (2) a notebook; and, (3) an open mind.

Speaker Bio

Dr. P., Dominique Padurano, Ph.D., founded **Crimson Coaching LLC** in 2014 to provide families and students with the academic, organizational, and emotional tools they need to soar through school and life. She tutors students worldwide in a variety of academic subjects; for standardized tests like the SAT and ACT; and while writing their college application essays. Dr. P. has also been a certified yoga teacher since 2011. She has used the techniques she teaches in this workshop with many high school students, as well as with veterans returning home from Iraq and Afghanistan with PTSD. Stay connected with Dr. P. and Crimson Coaching on Facebook and YouTube; contact her directly at info@crimsoncoaching.com.