



Crimson Coaching™

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Workshop Description

Setting Your Clock for Success:

A Time Management Workshop for Students Grades 6-12

As young people progress from elementary to middle, and from middle to high school, the demands on their time mushroom. Coursework becomes more challenging while extracurricular and social opportunities multiply. In the background, social media, procrastination and inertia drain our most precious resource: time. In this workshop, master teacher and President of **Crimson Coaching™**, Dr. P. (Dominique Padurano, Ph.D.) teaches students a variety of techniques for managing their time to complete different types of assignments *and* achieve realistic long-term goals. She also guides parents through how to effectively monitor and assist their children at home as they experiment with these new strategies. If this workshop is conducted in person, students must be accompanied by a parent and should bring a notebook and a pen or pencil.

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. As Crimson Coaching's Head Coach, she privately tutors a variety of subjects, including college application and analytical writing; SAT and ACT prep; AP and regular history, English, Spanish and French; and, time management and study skills. A classroom teacher of Social Studies for over a decade, Dr. P. is currently writing a study skills book for teens entitled, *Soar Through High School and Beyond: The Essential Guide to Managing Time, Organizing Stuff, Studying Wisely, Staying Healthy and Having Fun*. Stay connected with her on Facebook and YouTube; contact her directly to schedule a complimentary consultation at info@crimsoncoaching.com.