
LAWRENCE CARROLL B.MATH, P.C.C.
EDUCATIONAL CONSULTANT AND CERTIFIED PROFESSIONAL LIFE COACH



Your School: A New Model for Managing Stress

CONTACT INFORMATION: email: AwakenTeenLeadership@gmail.com
phone: (413) 212-2030
website: www.AwakenTeenLeadership.net

LAWRENCE CARROLL B.MATH, P.C.C.
EDUCATIONAL CONSULTANT AND CERTIFIED PROFESSIONAL LIFE COACH

Preamble

Managing stress in schools is a noble objective. It requires both a short-term strategy and commitment to a long-term vision. My approach, as reflected in this proposal, addresses the immediate need to reduce overwhelm and impart powerful and proven techniques to teachers, staff, students and parents. This is the basis for school-wide transformation, in which the build up of toxic stress is mitigated and a positive climate is generated throughout the school community.

Objective

To transform stress and enhance learning by empowering teachers, staff, students and parents with effective stress management techniques.

Goals

- Help teachers, staff, students and parents identify and manage toxic stress in all areas of their lives
- Reduce the negative effects of overwhelm
- Reduce bullying and violence at your school
- Create an atmosphere for dynamic and collaborative learning
- Improve teacher and student morale
- Cultivate a school-wide sense of safety and belonging
- Generate school pride and and sense of identity

Methodology and Outline

Lawrence Carroll PCC, in collaboration with your School, will design and execute a system of public talks, professional developments, presentations, classroom demonstrations, and one-on-one coaching to address the needs and goals of your school. Teachers, staff, students and parents will be engaged in a hands-on practical approach to stress-management. In the process, school spirit and climate will improve, as members of your school body are engaged in dealing with a central issue in everyone's life.

Lawrence Carroll offers his services as a modular system that can be customized to meet your school's needs and goals as well as resources. This includes the following services, which can be offered to teachers, staff,

LAWRENCE CARROLL B.MATH, P.C.C.
EDUCATIONAL CONSULTANT AND CERTIFIED PROFESSIONAL LIFE COACH

students and parents on a non-compulsory basis (in Lawrence's experience, even non-compulsory participation generates wider interest and involvement):

- **Teacher and staff workshops** (can range from one to six hours depending on available resources and time) to identify and manage toxic stress in the classroom and school environment, learn relaxation techniques that can be applied in any situation, manage stress for long term mental health, and empower teachers to impart stress-management techniques to students;
- **Presentations for parents** to enhance their relationships with their children. This includes managing their children's and their own technology compulsions, stress-management, developing listening skills, asking their children empowering questions;
- **Teen coaching**, one-on-one or in groups, to teach self-management skills including stress management during overwhelming and/or social situations, subject phobias, anxiety around exams, in the struggle with learning disabilities, to facilitate self-advocacy, counteract bullying and moderate technology compulsions;
- **Teacher Coaching:** Ideal for burned out veterans or overwhelmed newbies.
- **School-wide public talks** These will generate a sense of school pride and identity, as Your School endeavors to create a positive, stress-reduced, safety-enhanced, positive school environment.

Availability

Available to begin immediately

Suggestions

Consider introducing immediate action that targets at-risk groups and individuals.

Offer a voluntary after-school program for staff, teachers , parents and/or students.

If your school has available teacher make up days at the end of the year, this can be a wonderful opportunity to engage and learn positive, stress-management techniques as well as an opportunity for teachers to express their concerns and visions.

Consider building stress management into convocation at the beginning of the school year. I can help teachers avoid or mitigate unnecessary and toxic stress in their classes right from the outset.

See your school as a model for stress management that could be broadened to the entire school district

LAWRENCE CARROLL B.MATH, P.C.C.
EDUCATIONAL CONSULTANT AND CERTIFIED PROFESSIONAL LIFE COACH

PRICING

The prices below reflect up to a 50% reduction in my normal rates. I'm offering these discounted rates because I'm committed to making this happen for your school. I will collaborate with you to tailor the program to fit your resources. Here is a list of sample services, These can be combined in a variety of ways to meet your needs and budget.

Prices do not include transport and accommodation. Ask about cheaper package deals.

Early Bird Offer ends April 21st.

Description	Early Bird Discount	Full Fee
One-on-one coaching	\$ 95	\$ 125
A Series of Four 1-hour Workshops	\$ 800	\$ 1,600
Half-Day Workshop	\$ 900	\$ 1,200
Full-Day Workshop	\$ 1250	\$ 2,000
Professional Development (10 hours)	\$ 1800	\$ 2,300
Public Talk	\$ 300	\$ 600
In-class demonstrations	\$ 150	\$ 300
After-school classes with students, teachers and/or parents	\$ 125	\$ 250

CONTACT INFORMATION: email: AwakenTeenLeadership@gmail.com
phone: (413) 212-2030
website: www.AwakenTeenLeadership.net

Free Consultation: <http://www.awakenteenleadership.net/book-now.html>

Links

Professional Profile and References for Lawrence Carroll

<http://www.awakenteenleadership.net/bio.html>

The Phenomenology of Silence: Educing learning and Creativity in the Classroom -
Presentation at the Oxford Round Table, Merton College, England, August 2013

<https://www.academia.edu/5287098/>

[The Phenomenology of Silence Educing Learning and Creativity in the Classroom](#)

“Calculus of Calm” - An Interview with Lawrence Carroll by Chronogram Magazine

<http://www.chronogram.com/hudsonvalley/an-interview-with-lawrence-carroll/Content?oid=2186127>

Testimonials from Administrators, Teachers, Students and Clients

<http://www.awakenteenleadership.net/teacher-testimonials.html>
