

# Professional Profile

Career objective:

## **Leader and Innovative Educational Consultant**

As an author, Yoga/Meditation Teacher, educational consultant, inspirational speaker, workshop facilitator, experienced High School teacher and Certified Life Coach, I am committed to enabling people from all walks of life to live vibrant, wholesome and healthy lives.

I introduce innovative methods that empower individuals and groups to make a positive difference in themselves and the world. I seek opportunities to implement these strategies through ongoing partnerships with school districts, community groups, businesses, interested groups and individuals. As we all cultivate our most far-reaching ability and interests, we discover new and exciting horizons enabling ourselves to live pro-active lifestyles.

## **Summary of qualifications**

The 21<sup>st</sup> Century is proving to be the most demanding time in history. As a result, young people particularly face increasing personal *and* global challenges. Today's young people need the best possible support and skills to respond to these existential challenges, now and into the future. In this context, traditional learning approaches in the K-12 educational environment are in constant flux to keep up with changing intellectual, economic and social needs. But, how do we truly instill passion in our students so they remain at school, maximize their academic skills, and cultivate social and moral aptitudes? In my work, I address these fundamental issues, endeavoring to give teachers, parents community leaders and young people the optimal chance for success in every dimension of their lives.

Below is a summary of some of the key skills, knowledge and qualities that make me uniquely qualified as an innovative educator who inspires change at all levels:

- With many years in the field of teaching, I am proficient in planning, developing, implementing and evaluating educational curricula;
- Reflecting on critical educational issues, I have developed methodologies to promote safe classroom environments so all students take risks, love to learn and gain high level outcomes. This resulted in my nomination for the “**Distinctive Educator of the Berkshires**” Award in **2011**.
- As an “open classroom” teacher, I have a high regard for collaboration with peers, parents and administrators, inviting feedback to constantly improve my own teaching and inspire colleagues to do the same;
- Having taught High School students on two continents—Australia and the United States—I come with a variety of pedagogical orientations as well as diverse cultural experiences;
- As an inspirational speaker who sheds new light on personal and collective issues, you'll be inspired to think “out-of-the-box” and go beyond limits;
- Having pursued a variety of educational and professional training systems, I am a highly innovative educational leader, both in and out of the classroom;
- Having worked in a variety of educational and managerial contexts, I provide an unusual degree of resourcefulness in helping you develop solutions to operational problems;
- As a Certified Professional Life Coach I:

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- ✓ Bring rich and cutting edge communication, mediation and inspirational skills to my audience and clients so they can unlock their deepest potentials.
- ✓ Have excellent listening skills, and am trained to respond to the most salient needs of my clients, students, peers and parents.
- ✓ Am skilled in asking powerful open ended questions, to integrate multiple sources of information;
- ✓ Am able to help others increase self awareness to make behavioral changes and improve relationships.
- Having studied and practiced meditation over three decades, I developed a unique methodology called "[Think and Sink](#) ©" that creates an optimal safe learning environment;
- Having traveled extensively to four continents, I naturally accommodate students and participants from diverse cultures and philosophies;
- Through a lifetime commitment to health and fitness, I am able to maintain dynamism and enthusiasm throughout the day, as well as monitor audience needs to move, stretch and take breaks as needed.
- As a trained yoga teacher in the Kripalu tradition I bring state of the art postural alignment and breathing techniques into the educational setting. These techniques are supported by research as having positive effects on performance and behavior.
- I now extend my work into such diverse groups as the police force, military veterans, Law Firms, Colleges, businesses and the elderly.
- As an author my work can influence the broader community. The book's title is "A Learning Climate: A Teachers' Guide to Creating an Emotionally Intelligent Classroom in the First Four Days of School".

### **Professional experience**

The professional experiences that follow have helped me build the skills and know-how to lead, teach and inspire others. These abilities are matched with a proven record of credibility, consistency and excellence. This makes me a distinctive educator who makes a difference. The impact is felt in the classroom and throughout such environments as school, the workplace, community groups and more. I have made positive affects upon hundreds of teachers and professionals who attend my seminars, workshops, and public forums. My work is supported by insightful online articles, which I regularly write for readers from all backgrounds.

### **2013 to present – Workshop Facilitator, Educational Consultant, Yoga Teacher and Life Coach YOGA, MEDITATION AND BREATHING**

- Author of "A Learning Climate: A Teachers' Guide to Creating an Emotionally Intelligent Classroom in the First Four Days of School". March 2018. Link: [https://www.amazon.com/Climate-Learning-Emotionally-Intelligent-Classroom-ebook/dp/B07BB3ZLS5/ref=zg\\_bsnr\\_157379011\\_1?encoding=UTF8&psc=1&refRID=BPGF4T36HSGKQB7WFPA5](https://www.amazon.com/Climate-Learning-Emotionally-Intelligent-Classroom-ebook/dp/B07BB3ZLS5/ref=zg_bsnr_157379011_1?encoding=UTF8&psc=1&refRID=BPGF4T36HSGKQB7WFPA5)
- Mind/Body Instructor - Canyon ranch Resort, Lenox Massachusetts (Start June 2016). Have taught over 14,000 people, breathing, yoga and meditation since Feb 2016. Voted as one of the top ten employees at Canyon Ranch 2017 (one of two yoga teachers to do so out of a total of 500 employees)

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- Teaching Yoga at Pittsfield YMCA, Lenox Fit, Lenox Yoga and Berkshire West, Yoga Great Barrington, Berkshire Yoga Dance and Fitness,
- Currently training for Aerial Yoga, and 500 hour YTTT at Kripalu. 200-Hour Yoga Teacher Training completed Feb 2016.
- Released a guided meditation cd “Stillness to Greatness”. Link: <https://www.cdbaby.com/cd/lawrencecarroll>
- **COLLEGES**
- Regular guest lecturer at the Graduate Institute's Master of Arts in Learning and Thinking degree program.
- Regular guest lecturer to the Columbia University Masters’ Cohort on Sport’s Leadership and Management
- Guest presenter SUNY (University of New York) in Albany - Master Teacher Program
- Guest presenter Hartwick College, Music Dept. Oneonta, New York
- Facilitated a workshop at Union College, Schenectady for Trainee Teacher cohort and class of 2014.
- Presented a paper on my work in schools to the **2013 Oxford Round Table** forum on Education at Merton College, Oxford, England. My paper is called *The Phenomenology of Silence: Educating Learning and Creativity in the Classroom.*
- **COMMUNITY, BUSINESS AND SPORTING GROUPS**
- Nessacus Middle School, Central School District, Berkshire County, Massachusetts. - working with students and teachers on creating a school atmosphere promoting kindness and tolerance (2017-18).
- Monument Mountain High School - coaching teachers in the classroom on Creating Emotional Intelligence with their Students
- Working with Pittsfield Police Department on managing stress and developing mental well-being. 2016
- Workshop presenter at Triforce Sport’s Australia for talented cricket players
- Berkshire Librarians -finding identity in the 21st Century (2017-18)
- Keynote speaker for the National Alliance of Mental Illness (NAMI) Pittsfield Chapter 2015
- Keynote speaker for the Berkshire Business and Professional Women on Teacher Appreciation Month 2015
- Workshop presentation at the Collaborative for Educational Services in Northampton, Massachusetts. 2013.
- Classroom Management Skills workshops for teachers in the Pittsfield Public Schools titled, “The Fire of Learning – How to Enter the Students’ World.”

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- Professional Development workshops titled, “Breaking the Myth of the Bad Student” for Public School educators and guidance counselors at High School and Middle School level. Teachers are empowered to re-evaluate their perspectives on students, giving them vital tools to cultivate learning, creativity and accountability in their classrooms. (Pittsfield, MA)
- Featured workshop, “An Unforgettable Fire: Life Coaching Teenagers”, for Professional Life Coaches at the Annual Conference for Learning and Community. (Manhattan, NY)
- New Teacher Induction Workshop on Classroom Management for 100 Teachers from throughout Berkshire County (Taconic High School, MA)
- Speaker engagement at Herberg Middle School on “Managing Stress in the Classroom” (Pittsfield, MA)
- Professional Development workshops at Averill Park High School (NY) on Managing Stress at a personal and professional level to create optimal classroom environments
- Coach colleagues and students on stress management, classroom management, avoiding conflicts and teamwork with parents (Taconic High School, MA)
- Educational Consulting and Coaching Business “Awakening Teen Leadership®” which enables educators and students to realize their optimal potentials.
- Developing curricula for Steve Sax Foundation Youth Scholarship Program

### **2006 to 2013 – HIGH SCHOOL MATH TEACHER – Lenox Memorial Middle and High School (2006-7) (Lenox, MA) and Taconic High School (2007-13) (Pittsfield, MA)**

Geometry at standard and intensive levels, Algeo 1, Algebra 1, Advance Applied Math, Honors Algebra II, Geometry and Algebra III

### **Notable experiences and contributions:**

- Nominated for Distinctive Educator of the Berkshires, 2011
- Served on the Taconic High School Positive Behavior Committee;
- Served as a Teacher-training Mentor;
- Developed and trademarked innovative practices of classroom management, called “C.O.R.E.”© ([click here for further information](#)) and Sink and Think.”© ([click here for further information](#))
- Organized a teen adventure and self-development tour to offer students to travel to Australia, Summer 2012.
- Initiated a school-wide competition using the mathematical concept of Pi. Held annually at Taconic High School on or near March 14<sup>th</sup> (Pi Day).
- Actively write blogs to share with parents, teachers and students on important educational themes, tips for students with ADHD ([click here to read](#)), and student self advocacy skills ([click here to read](#)), as well as other topics.
- Actively assist students as a Certified Life Coach.
- Organize in-school field trips for students highlighting the relevance of math in vocational subjects.
- Initiated and organized unusual guest lecturers including: an innovative architect; a local builder; a Muslim student from Yemen; one of the “Lost Boys from Sudan” who shared his tragic and ultimately inspiring story of genocide and survival.
- Regularly invited by teachers to lead meditation in their classrooms to help students develop self-management skills.
- Initiated an “open classroom” where teachers and parents are invited to observe my innovative teaching methodologies.

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- Established a “Homework Hotline,” a weekly conference call that provides students with help on their homework assignments.

### **2009 to Present – PROFESSIONAL CERTIFIED LIFE COACH** – Originator of CORE-Strength Life Coaching®, Creator of Awakening Teen Leadership Consulting and Coaching®, Certified by **Coaching for Transformation**, a rigorous training course affiliated with the **International Coaching Federation**

- Professional, Certified Life Coach who works with people of all backgrounds, including students, to support creativity, positive life changes, stress management, and the skills needed to overcome setbacks;
- Trained in such diverse arenas as cultural awareness, emotional intelligence, interpersonal and non-violent communication, group facilitation, and mediation;
- Offer Life Coaching as a free service to students at Taconic High School;
- Initiate workshops and conference calls for students, teachers and parents that enable individuals to succeed, build confidence, expand perspectives

### **1999 to 2007 - EnlightenNext Not-for-Profit Educational Organization Lenox, MA**

Served as Operations Manager for a 250-acre property, which included eleven buildings containing over forty apartments and living spaces. This responsibility was a 24/7 concern. Constantly “on call” for serious emergencies, natural disasters and other events on the property - a highly demanding job that required multiple skills and personal resilience. Other aspects of the job included recruiting, managing and hiring employees and contractors, security training, fund-raising and global travel to oversee events for the organization. This work also included liaising with commercial and organizational enterprises, managing educational retreats of as long as two weeks and including as many as 200 people from around the world.

### **1977 to present – World-class Athlete and Coach**

#### **Notable experiences and contributions:**

- **Surfer** - Co-creator of the Australian School Surfing Association, which introduced surfing as a certified High School sport into Australian public and private schools;
- **Ultra-marathon Runner** - organized three “Beyond Limits Ultra Marathons” in the Berkshires, which raised over \$20,000 in donations for local non-profits, including the Railroad Street Youth Program. Personally ran one hundred miles (twice) and 50 miles (once), inspiring dozens of people to go beyond their own limits; trained and ran in more than twenty marathons in Sydney, New York, Western MA, Boston and London to raise money for not-for-profit organizations.
- **Tae Kwon Do Black Belt**
- **Fitness Trainer**
- **Yoga Teacher**

### **1986 to 1997 - Global Travel and Freelance/Tutoring Employment**

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### **Notable experiences and contributions:**

- Traveled extensively in Australia, Bali, India, Europe and other countries
- Philosophical and spiritual study with renowned teachers and guides
- Certified PADI SCUBA diver instructor
- Active volunteer for a variety of non-profit and educational groups around the world
- Studied in-depth meditation and self-mastery skills and techniques

### **1977 – 1986 Math Teacher Oak Flats High School Wollongong, Australia**

Taught math at all levels including the prestigious 4-unit Calculus for graduates. Organized many athletic and fund-raising events. Coached the girls' basketball team; coordinated and organized both the School Surfing and Surf Life Saving programs at State and National levels;

### **Notable experiences and contributions:**

- President of the Australian School Surfing Association (ASSA)
- Co-creator of the Australian School Surfing Association which introduced school surfing as a sport into schools;
- National Surfing Referee for the Australian Surf Life saving Association of Australia (SLSA);
- NSW State Surfboard Referee for the SLSA
- Organized fund-raising events for the school;
- Trained dozens of students and teachers in resuscitation and life saving techniques;
- Saved dozens of people's lives from drowning while on surf patrol with the SLSA;
- Co-created "Surf Survival Manual" for school students around Australia;
- Worked closely with teachers and parents to create a co-operative school spirit;
- Set up competitions, organized school tours and liaised with community businesses;
- Invited World Surfing Champion Mark Richards to present awards to surfers and surf life-savers.

### **Volunteer Work**

1980 - 1986 Beach Patrol Australian Surf Life Saving Association

2004: Raised money for Railroad Street Youth Project, Great Barrington, MA

2015 - Present: Healthy Pittsfield Partners initiative by Pittsfield Health Department to promote a healthy community.

2014 - Present: Western Massachusetts Labor Action

2015 - Present: Railroad Street Youth Project Mentor

2016 - Present: Volunteer to teach meditation for Cancer Survivors and Families at Moments House Pittsfield.

2016 - Present: Initiating yoga classes to improve the lives of veterans and seniors

### **EDUCATION**

**200 Hour Kripalu Yoga Teacher Training - 2016**

**P.R.P.I.L. – 2011 Class Measures and Massachusetts Department of Education**

**M.T.E.L. – 2006 Massachusetts Department of Education**

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**Bachelor of Mathematics** 1984 – University of Wollongong NSW, Australia

- Major in Mathematics

- Minor in History and Philosophy of Science

**Diploma of Secondary Teaching in Mathematics**

1976 University of Wollongong, NSW, Australia

### **Other Credentials**

**Professional Life Coaching Certification**

2010 Coaching For Transformation Course, New York, NY

**PADI SCUBA Diving Instructor's Certificate**

1993 , PADI International, Djakarta, Indonesia

**PADI SCUBA Rescue Diver and Dive-Master Certification,**

1992, Bali, Indonesia

**Surf Life Saving Examiner's Certificate**

1985 Gerringong SLSA, NSW, Australia

**St John's CPR Instructor's Certification**

1976 Gerringong SLSA, NSW, Australia

**TESTIMONIALS** [Click here](#)

## REFERENCES

## EDUCATION

**Dr. Jim Trifone** - program Co-Ordinator Masters of Arts for Learning and Thinking - The Graduate Institute - Connecticut [jtrifone@me.com](mailto:jtrifone@me.com) - (203) 215 7286

**Barbara Malkas** – Superintendent,

**Douglas McNally** – Educational Consultant and Retired Principal, Taconic High School (MA), ([frosthollowdouglas@me.com](mailto:frosthollowdouglas@me.com)) 413-684-3732

**Victoria Bouley** – Science Chair, Averill Park High School (NY) ([boulayv@averillpark.k12.ny.us](mailto:boulayv@averillpark.k12.ny.us)) 518-567-9668

## YOGA, BREATHING AND MEDITATION

**Laura Chevalier** - Canyon Ranch Fitness Director [lchevalier@canyonranch.com](mailto:lchevalier@canyonranch.com) (413) 637 4400 (ext 5460)

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**Rudy Pierce** - Master Yoga Teacher - website and contact: <https://rudypeirce.com/contact/> (413) 274-6831

## SPORT

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