

MetaMinds®

Teaching/ Tutoring Testimonials continued...

"Lauren worked magic into my daughter's fourth grade classroom. It was a school year where my daughter's confidence grew exponentially because Lauren provided a safe space for continuous risk-taking. More recently, my daughter mentioned that she was participating a lot in her new French class. She said, "I don't always get the answers right, but I decided it's worth a shot." Her positive attitude in French class is the direct result from her fourth grade classroom experience. She found her voice in Lauren's class and we are forever grateful." Parents of a former student

"Lauren has instilled in my son not only the tools and therefore ability to handle challenges in school but also how to better handle challenging situations in life. My son has always been a bit shy and hesitant to share his thoughts in class. That same shyness caused him to get a bit overwhelmed by the progression of an average school day. With Lauren's help he learned how to pause between subjects and to take a moment for himself that helped him to reset and prepare for the next class with more ease and focus. The mindfulness practices Lauren taught the children helped my son calm his mind and develop the confidence so he could participate in class discussions with more ease and take more risks in general. Lauren's approach to mindfulness and education in my opinion is invaluable and I wish my son had the opportunity to benefit from this form of education for the rest of his school years. It's my belief that this is a program that should be integrated into all schools and would benefit all students to be a success and their best selves. For now I am so pleased that she is offering this service for those who only need to ask." Parent of a former student

"Lauren began tutoring our son Michael in the summer before he entered middle school. He was nervous about making the transition from elementary school and not sure he had developed the skills he needed to thrive. Needless to say, we were, too. Lauren worked wonders for him. She began by recognizing — and affirming — his strengths, and helping him to do the same. And then she guided him expertly in discovering ways to address those areas that didn't come naturally for him, and build the muscle and muscle memory he'd need to truly thrive in 5th grade. The result: Michael's had a spectacular year. But Lauren's impact has gone so far beyond what he — and we — expected. She's ignited his passion; she's piqued his curiosity; she's helped him discover new strengths he didn't know he had. Michael's ending 5th grade on a high, happy and engaged at school, and carrying bundles of confidence into the summer and beyond. He and we are so thankful for Lauren and for everything she's done to help make it happen." - Parents of a 5th graders

"...You should know that I am so impressed by your work. I've had plenty of experiences with tutors over the years and you really do stand out. Your summaries have provided a very good, clear idea of how you spend your time together. You have a wonderfully creative style and a light hand, especially good with a boy like Alex, who could have opted out so easily." - Grandparent of 6th grader