

"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

"Our daughter's educative experience with Lauren during 4th grade was transformational. Lauren was an inspiration during this year by teaching the class the Mighty Ms and helping our daughter turn negative moments into positive ones. Our daughter immediately felt a connection to Lauren and she grew immensely during this time. Learning how to turn situations around by having a positive mindset was instrumental in helping our daughter prepare for 5th grade/ Middle School this year. We continue to use the methods Lauren taught at home." - Parents of a former student