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Shift Happens!

Shift Happens! Tuesday at 11 AM Pacific March 24th 2020: CRUSH COLLEGE STRESS

The biggest transition that happens in our lives is going from living at home to going off into adulthood and to college. There are so many pressures to "get it right" from how do you maintain good grades and a personal life without our parents' direct influence for the first time and how do you handle STRESS that comes with college life. Dale Troy assists students making this first transitional year much smoother while teaching skills that are a MUST for the rest of our lives.



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Featured Guests

Guest Image

Dale Troy

Dale Troy is a mom to three daughters, a former lawyer and former headhunter for lawyers. She's a graduate of Yale College and Yale Law School. Following her passion for healthy living, Dale became a health coach 6 years ago. She focuses on helping students and their parents manage the transition from high school to college life. Dale believes students do not have to feel stressed or overwhelmed in college. She teaches students how to successfully transition to college so they have a positive experience. Her company is called Crush College Stress. Here's the link to my giveaway. The title is: Six Secrets to A Successful First Year in College



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