







A two-tiered teacher/student SEL curriculum that combines the latest neuroscience research with the new science of Energy Psychology resulting in increased academic performance, resilience and self-confidence.

- · Reliable and effective evidence-based methods
- Easy-to-learn and simple-to-teach tools for both children and adults
- Reduces stress for teachers and reframes selflimiting thoughts for students
- Tailored to meet the needs of all members of the school community
- · Minimal time commitment
- Cost-effective

STRESS LESS & BOLT TO SUCCESS

Free consultation for administrators, faculty or PTO members

Suzanne Velasquez-Sheehy, Ed.D suzanne@bolttosuccess.com | 1-872-216-4342