

CALM IS A SKILL. WE TEACH IT.

School anxiety relief & emotional wellness

Practical programs for students, staff, teachers, and families.

85+ SCHOOLS ACROSS NEW ENGLAND · FEATURED TEDX SPEAKER · 20+ YEARS TEACHING ANXIETY RELIEF



ANDRE + DAN

FOUR WAYS TO START

AUDIENCE / FORMAT

01 From Reactive to Regulated

Recognize stress, interrupt spiraling thoughts, and practice grounding before high-pressure moments.

Students

60–120 min workshop / assembly

02 The Regulated Educator

Respond to anxiety and dysregulation with practical classroom tools—without becoming a student's therapist.

Educators & staff

Half- or full-day development

03 Raising Resilient Kids in an Anxious World

Support children through anxiety, avoidance, and big emotions with more confidence and connection.

Parents & caregivers

Parent workshop

04 The Anxiety Relief Power Hour!

Deep strategies and anxiety relief techniques to be the calm even in the eye of the storm.

Any audience

60-minute presentation

GO BEYOND A SINGLE EVENT

The Regulated School Partnership

A semester or yearlong initiative combining student workshops, staff development, parent programs, and follow-up.

WHY SCHOOLS BRING US IN

Students gain usable regulation skills. Educators gain confidence responding to distress. Families gain a shared language for supporting children.

Dan and Andre have spoken separately to more than 85 schools across New England.

TWO COMPLEMENTARY PERSPECTIVES

Andre Costa, LMHC

Licensed Mental Health Counselor; clinical and family-systems perspective.

Dan Candell, BCH, CHt

Board-Certified Hypnotist and featured TEDx speaker; 20+ years helping people change anxiety and stress patterns.

WHO CAN SPONSOR A PRESENTATION

PTA/PTO groups · school foundations · professional development teams · fundraising groups · student leadership groups · athletics and booster clubs · community partners

Start with the needs of your school.

Request program details and a tailored proposal for budget review.

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DAN CANDELL × ANDRE COSTA