

## May Duong

### Director, Parent Education

May is passionate about empowering parents with the skills of Emotional Intelligence (EQ). She was introduced to EQ when her first son started attending the Synapse School, a Six Seconds lab school in Menlo Park, CA. After seeing the powerful impact of EQ lessons on her two sons, May is convinced that EQ skills are essential in developing happy, resilient and compassionate kids. She also believes that EQ is fundamental in the parent/child relationship.

May is an active leader in the parent community. After chairing the Synapse PTA, May went on to spearhead the Parent Education committee for the last two years and created the monthly EQ Discovery Groups for parents at Synapse.

In her private practice, May combines her Six Seconds EQ credentials with her training as a life coach and mindfulness teacher to help parents become effective and conscious emotion coaches.

May also co-founded the Emotional Intelligence Vehicle (EQV), the country's only mobile classroom that delivers lessons of Social Emotional Learning to students of underserved communities in the Bay Area.

Before becoming a coach, May worked in marketing and product management for Williams Sonoma, Pottery Barn, and Shutterfly. As a marketing professional, May understood the power of emotions and its impact on product development, user experience and marketing communications.

Now she has the added privilege of helping individuals understand that skills of emotional intelligence are learnable and trainable.



To contact May at the Six Seconds EQ Network:

Phone: 831.763.1800

Email: [may.duong@6seconds.org](mailto:may.duong@6seconds.org)