



WHERE RESILIENCE TAKES ROOT

Dr. Caroline Danda

Micro Bio:

Dr. Caroline Danda is a child psychologist, speaker, and your partner in helping families turn emotional chaos into connection and clarity. With over 20 years of experience and as a mother of three, she provides science-based strategies that actually work in real life.

Short Bio

Dr. Caroline Danda is a child psychologist, speaker, and your partner in helping families turn emotional chaos into connection and clarity. With over 20 years of clinical experience and as a mother of three, she brings both professional expertise and real-world understanding to the challenges families face today. Her approach is straightforward: no perfect parenting formulas or quick fixes, just science-based strategies that actually work in the messy reality of everyday life. Co-author of "From Surviving to Vibing," Dr. Danda equips parents, educators, and organizations with actionable tools to help kids and teens build lasting resilience—because that's where resilience takes root, in the small moments and real connections of daily life.

Long Bio

Dr. Caroline Danda is a child psychologist, speaker, and your partner in helping families, educators, and organizations turn emotional chaos into connection and clarity. With over 20 years of clinical experience and as a mother of three, she brings professional expertise grounded in the messy reality of everyday family life.

Dr. Danda specializes in helping audiences navigate emotional resilience, anxiety management, mindfulness practices, and parenting strategies that prevent power struggles before they start. Her presentations blend science and story, offering immediately actionable strategies for managing big emotions, building connection, and discovering what works in real situations. Audiences consistently note she doesn't feel like a "typical expert"—and that's by design. She's honest about the challenges of parenting and growing up while equipping participants with practical tools they can use the moment they walk out the door.

Co-author of "From Surviving to Vibing," Dr. Danda has presented workshops and keynotes for schools, parent organizations, corporate wellness programs, and conferences including Advent Health, The Barstow School, and Living in Vitality. She's been featured on podcasts including ADHDKC Conversations, Just a Mom Podcast, Forum Insider, and Let's Talk Kids Health, sharing expertise that meets people where they are and helps them build sustainable resilience for the long haul.

Credentials:

Licensed Psychologist, KS LP 1208



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Headshots

Click [here](#) to download headshots suitable for print, social media, or black and white.

Connect with Dr. Danda

Website: www.carolinedanda.com/

Email: drdanda@carolinedanda.com

Office: (913) 498-9958 Fax (855) 760-1869

<https://www.facebook.com/DrCarolineDanda/>

<https://www.instagram.com/drcarolinedanda/>

<https://www.linkedin.com/in/drcarolinedanda/>

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