



# Handling Upset: The Adult-First Mindset Shift

Presented by Conscious Discipline Master Instructor Jill Molli, featuring key concepts presented by Dr. Becky Bailey



**8+ hours**  
of content with  
Jill Molli, featuring  
Dr. Becky Bailey

## Session 1:

Welcome to  
Conscious  
Discipline!

## Session 2:

The  
Foundations of  
Behavior and  
Upset

## Session 3:

The Conscious  
Discipline  
Brain State  
Model

## Session 4:

Active Calming  
& Wishing Well

## Session 5:

Directing Our  
Attention &  
“Noticing”

## Session 6:

Rewiring  
the Brain for  
Success

## Session 7:

Key Steps  
for Self-  
Regulation

## Session 8:

Building Your  
Roadmap for  
Implementation

Includes a downloadable handout to guide your learning!