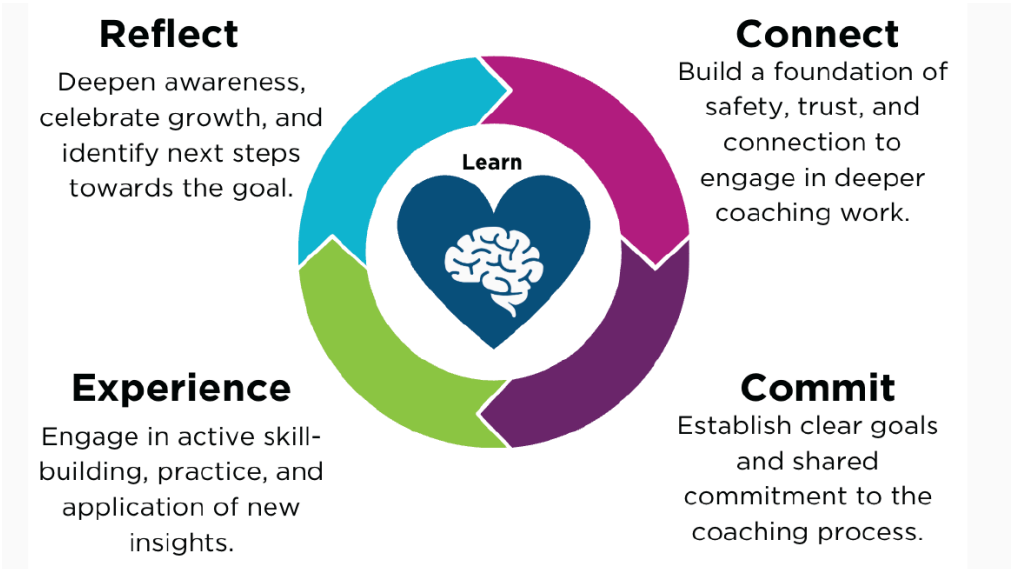
Conscious Coaching

Conscious Coaching actively supports educators and adults in **developing reflective practices and skills** to address behaviors and stress within their community with safety, connection, and problem solving.

Unlike other coaching models, **Conscious Coaching** emphasizes **mindset shifts** and real classroom interactions to support adult skill development in behavior management and climate and culture.



Through **cyclical, reflective coaching cycles** led by Certified Conscious Discipline Instructors, cohorts build **connection**, set **goals, reflection** interactions with children and adults, and **learn** new skills.

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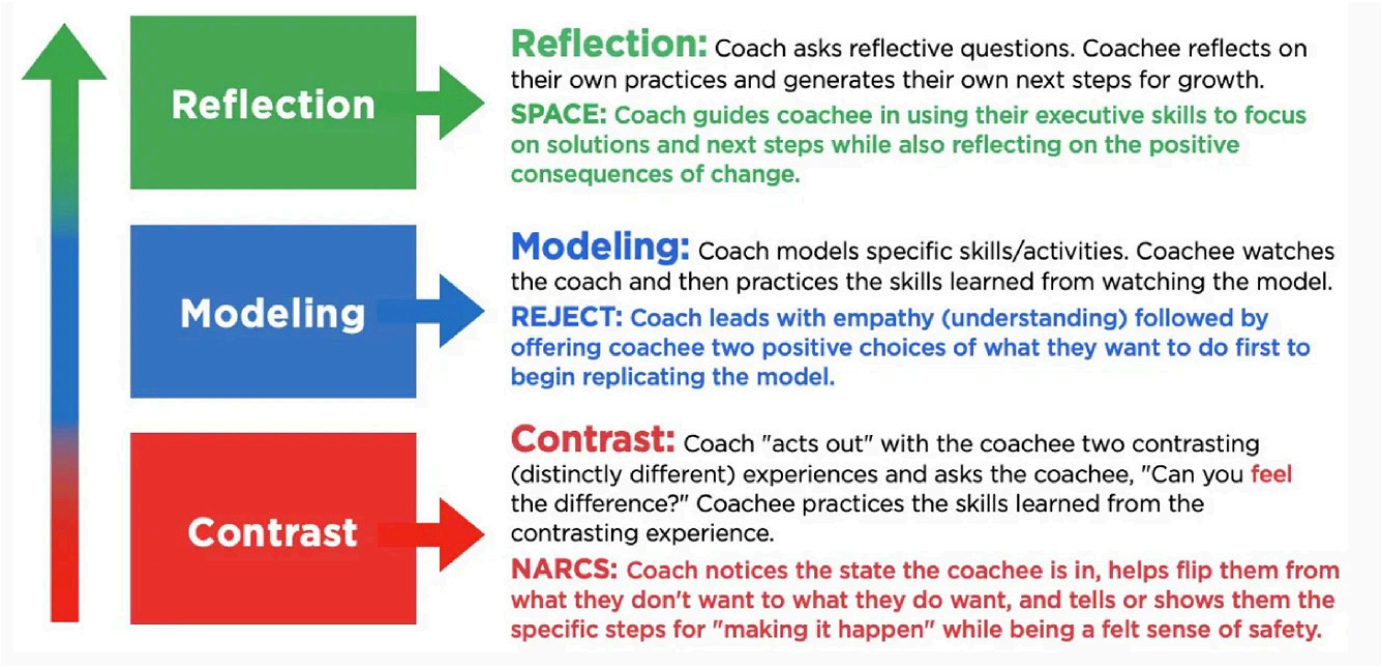
Conscious Coaching

Certified Instructors use **Modeling, Contrast**, and **Reflective** questions to drive new learning, mindset shifts, and skill development.



Coaching **cohorts** can engage in **virtual** and **onsite** coaching to meet your community's needs.

Conscious Coaching is the right choice for every community. Let's get started!

Type	Capacity	Timing
Virtual Coaching	Up to 4 in a Cohort	1 Hour
Onsite Coaching	Up to 4 in a Cohort at the same Site	Up to 6 Hours

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