



Conscious Discipline with Excellence: Celebrating Our CommUNITY

Session Descriptions



<p>The Community You're Building Starts with You: Explore the fundamental link between personal growth and community building, with a focus on implementing the Conscious Discipline program. Grounded in the understanding that true community strength begins with individual self-awareness and development, this session delves into the transformative power of Conscious Discipline principles in fostering healthier relationships and more resilient communities.</p> <p>Gain insights into the interplay between personal responsibility, self-regulation, and community dynamics. Through practical strategies and examples, learn how cultivating self-awareness and emotional regulation skills can lay the groundwork for building authentic connections and promoting mutual respect within communities.</p> <p>The Conscious Discipline framework serves as a roadmap for individuals seeking to enhance personal growth while contributing positively to community dynamics. By integrating Conscious Discipline practices such as mindfulness, effective communication, and conflict resolution techniques, discover how to create a supportive and nurturing community environment.</p> <p>Recognize the importance of setting clear boundaries, embracing challenges, and fostering a growth mindset for personal and community resilience. Through reflection, goal-setting, and action planning, be empowered to implement Conscious Discipline principles in your daily life, thus fostering stronger, more cohesive communities.</p> <p>Join us on a journey of self-discovery and community transformation, highlighting the profound impact of personal growth in building thriving and resilient communities.</p>	<p>Arlene Shi</p>	<p>For the Teachers: Birth-College Educators</p>
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<p>From Challenges to Success: Lessons Learned on our Conscious Discipline Implementation Journey: In today’s educational landscape, fostering positive relationships with students and staff and implementing effective discipline strategies are essential for creating a conducive learning environment. In this session, delve into the transformational power of integrating Conscious Discipline practices school-wide. By prioritizing connection and understanding, educators can create a safe and supportive space where students and other staff are empowered to thrive academically and socially. Drawing from research-backed principles and practical experiences, gain insights into practical strategies for building meaningful connections with students. This fosters a culture of mutual respect, and promotes self-regulation and emotional intelligence. Through real-life examples and interactive discussions, this session equips you with practical tools to enhance student-teacher relationships and cultivate a positive school environment.</p>	<p>Erica Reynolds & Vernisha Howard</p>	<p>For the Teachers: Birth-College Educators</p>
<p>Get Your Shift Together: Understanding and implementing the elements of Cultural Responsiveness and Conscious Discipline can alter the trajectories of historically marginalized students. Learn how to use the natural alignment of Culturally Responsive Teaching with Conscious Discipline to create environments that support safety, connection and problem solving that remove barriers for all students.</p>	<p>Dr. Valerie J. Parker</p>	<p>For the Teachers: Birth-College Educators</p>
<p>Beautiful Baby Doll Circle Time: Baby Doll Circle Time is a revolutionary approach that strengthens attachment, attunement and social play. Explore the skills that children learn through Baby Doll Circle Time and directly apply them in an interactive Baby Doll Circle Time with the group. Engage in breakout groups and collaborate with other learners to think of other ways to use the baby dolls to promote empathy, compassion, and executive functioning skills.</p>	<p>Katy Philpot</p>	<p>For the Teachers: Birth-College Educators</p>
<p>A Conscious Classroom for grades 9-12: Learn how to incorporate Conscious Discipline practices into the high school classroom of neurotypical students and students with varying exceptionalities. Listen in and actively participate in “a day in the life” of students in our classroom as we demonstrate the routines, rituals and structures we use to create our School Family. These include a Brain Smart Start, school family picture & dream board, birthday wall, and class pledge. This session takes the format of a normal classroom lesson to provide a hands-on experience from the student perspective.</p>	<p>Q’Vaunda Curry</p>	<p>For the Teachers: Birth-College Educators</p>
<p>Conscious Discipline - Now, Next, and Later: Teacher retention and burnout. Gaps in learning. Fragmented communities. Join Daniel Guerrero, Head of Product, Research and Development at Conscious Discipline as we discuss how Conscious Discipline is evolving to meet this moment and partner with adults to transform our world. We will discuss these challenges and how they manifest within Conscious Discipline, as well as share our 5 outcomes for 2024 and our roadmap of upcoming projects. We hope to get your feedback and guidance on how we can best serve your community needs.</p>	<p>Daniel Guerrero</p>	<p>For the Leaders: Administration, Executives</p>

<p>“We Are One”-The Power of Unity Playshop: The Power of Unity says we are all in this together, as one world family. Based on this understanding, this playshop explores the way our thoughts, words and intentions can be hurtful or helpful to ourselves, the people in our lives and our global community. This session begins with a Brain Smart Start that fosters connection and creates a Safe Place among participants. Then, personal stories will be shared about the powerful energy of our thoughts, words and intentions and the impact they have on ourselves and the world around us. This session is called a “playshop” because you will participate in fun, small group connection activities and games to practice the Skills of Encouragement and Noticing in our own lives. The Power of Unity starts with ME, so we will practice recognizing our own negative self-talk. Then, using self-encouragement and noticing, practice the shift to positive thoughts, words and intentions. We will play with real-life scenarios to practice encouraging and noticing with children and those in our lives. This playshop is intended for anyone with a basic understanding of Conscious Discipline who wants to use the Power of Unity to make positive changes in their own life and their interactions with others.</p>	<p>Jenny Kist</p>	<p>For the Teachers: Birth-College Educators</p>
<p>The Power of UNITY “How to Create a Conscious School Family”: The concept of a School Family serves as a solid foundation for building and creating an inclusive and increasingly diverse school culture. A healthy School Family, like a secure bond with caregivers, empowers teachers, schools, families and children to achieve their goals and more. Our goal is to support educators and school leadership in creating this experience for themselves, and providing children and staff with an environment in which they, too, can experience the true power of connections. Connections encourage cooperation, a sense of belonging and wire the brain for learning for both adults and children. Using Conscious Discipline by operating from a lens of noticing enables us to create routines that bridge interdepartmental relationships and increase positive problem solving. This ensures effective outcomes for children and families.</p>	<p>Brittany Swain & Monique Thomas</p>	<p>For the Leaders: Administration, Executives</p>
<p>Equity Circle: This session will facilitate the direct application of Equity Circles in an interactive experience. Each Equity Circle will have one leader, who is responsible for the following:</p> <ol style="list-style-type: none"> 1. Create a safe container by setting parameters for discussion. 2. Introduce discussion and reflection questions when the participants are hesitant to begin or continue hard conversations. 3. Ask clarifying questions. 4. Mediate confusion or intense conversations. 5. Model an assertive voice during the conversation. 6. Ensure that all participants have the opportunity to speak but are not forced to do so. 	<p>Latoria Marcellus</p>	<p>For the People: Families, Community Organizations</p>

<p>Utilizing a Walk-Through Tool for Trauma-Sensitive and Conscious Discipline Classrooms: This session explores integrating a walk-through tool as a powerful means to ensure the implementation of trauma-sensitive practices and Conscious Discipline principles in classroom settings. The walk-through form serves as a comprehensive guide, allowing educators to assess the daily operations of classrooms while focusing on the foundational skills of discipline and safety.</p> <p>Learn how structured and non-evaluative walk-throughs can foster a culture of accountability, constant reinforcement, environmental cues, shared expectations, and cultural norms within school buildings. Emphasis will be on the collaborative nature of walkthroughs, which are followed by constructive conversations between principals and teachers.</p> <p>The session will include a demonstration of how to use the walk-through form as well as strategies for creating a team to facilitate gallery walk-throughs. Discussion topics will encompass three key areas: physical environment, classroom strategies, and relationships with a focus on linking observations to the seven skills of discipline and seven powers for conscious adults.</p> <p>Gain insight into how walk-throughs can serve as valuable tools for gathering data on instructional quality, identifying areas of strength and improvement, and fostering trust and communication between administrators and teachers. Core principles and domains of trauma-sensitive schools will be integrated to demonstrate the alignment with Conscious Discipline practices.</p> <p>Essential questions will be posed to engage in critical reflection on your own classroom environments and practices. By the end of the session, you will be equipped with practical strategies and insights to enhance the implementation of trauma-sensitive and Conscious Discipline approaches in any educational setting.</p>	<p>Dee Thomas</p>	<p>For the Leaders: Administration, Executives</p>
<p>Why Play-based Learning is Important in the Home and Out: Play is essential for learning in early education and higher education. Join us as we learn the types of plays and their functions, how much time is needed for play, and what play does for all ages of development.</p>	<p>David Tate Jr. & Jeremy Walton</p>	<p>For the Teachers: Birth-College Educators</p>
<p>A Journey to Consciousness: This session begins with a personal reflection on the journey from traditional parenting to conscious parenting. Learn how you and your School Family can work together to build meaningful connections and routines that help both the home and school environment.</p>	<p>Brittany Highley</p>	<p>For the People: Families, Community Organizations</p>
<p>4 Under 5: A Day in the Life of Day Treatment: Shadow a session of Group Therapy (Day Treatment) for students 3-4 years of age using a combination of Conscious Discipline and the NeuroSequential Model of Caregiving, from the perspectives of both students and the practitioners. Join us as we discuss Preschool Promise’s Connecting the Dots Program, a pilot program created in partnership with Preschool Promise and The Village Network. Listen in to how we use Conscious Discipline to structure Day Treatment, as well as the benefits of specific Conscious Discipline techniques like Breathing, Active Calming, and recognizing the Brain States. The session concludes with an activity focused on reflection and why it is important to reflect on the work we do.</p>	<p>DeAlbert Shephard & Cierra Bolden</p>	<p>For the Learners: Students, Pre-Service Teachers</p>