



# Elevate Conscious Discipline

## *Embrace Possibilities*

### Session Schedule and Descriptions



NOTE: Sessions are listed in alphabetical order by title. Sessions subject to change.

Session A: Wednesday, October 23 from 2:45 – 4:00pm	Presenter(s)	Audience
<p><b>Building a School Family in Elementary:</b> The School Family represents a fundamental shift in education and classroom management from external control to intrinsic motivation, thus impacting all achievement. Systematically build a positive school climate, increase teaching time, foster academic success, eliminate bullying and decrease behavioral issues by creating a School Family. In this session, learn how to create a School Family through routines, rituals and structures, and step into a world where intrinsic motivation, helpfulness, connection and success thrive!</p>	<p><b>Jennie Gries</b> Conscious Discipline Certified Instructor</p>	<p>Elementary</p>
<p><b>Building a School Family in Middle School:</b> School climate impacts all achievement. Create a compassionate School Family to ensure the optimal development of all its members. The School Family represents a fundamental shift in education and classroom management from external control to intrinsic motivation. It systematically builds a positive school climate, increases teaching time, fosters academic success, eliminates bullying and decreases behavioral issues. In this session, you'll learn how to create a School Family through routines, rituals and structures, and step into a world where intrinsic motivation, helpfulness, connection and success thrive!</p>	<p><b>Chris Steindorff</b> Science Teacher, Middle School</p>	<p>Secondary</p>
<p><b>Building a School Family in PreK:</b> School climate impacts all achievement! Create a compassionate School Family to ensure the optimal development of all its members. The School Family represents a fundamental shift in education and classroom management from external control to intrinsic motivation. It systematically builds a positive school climate, increases teaching time, fosters academic success, eliminates bullying and decreases behavioral issues. In this session, you'll learn how to create a School Family in a PreK setting through routines, rituals and structures, and step into a world where intrinsic motivation, helpfulness, connection and success thrive!</p>	<p><b>Rehana Kinderman</b> 4K Early Learning Instructional Support Teacher-Coach</p>	<p>PreK</p>
<p><b>Connect Your Way Throughout the Day with I Love You Rituals:</b> Classroom rituals cultivate connection, compassion, impulse control, willingness, and wellness. Discover how to embed rituals into your daily routine to help adults practice the Power of Unity and the Skill of Encouragement. Enable children to practice vital social skills like appropriate touch, limit-setting, and cooperation, while developing brain-building connections with others. Participants will leave this session with a plan for introducing and weaving rituals throughout the daily routine.</p>	<p><b>Amy Brakenhoff</b> Conscious Discipline Certified Instructor</p>	<p>Infant/Toddler PreK Admin: ECE</p>

<p><b>Creating a School Family and the Use of Conscious Discipline in After-School Programs:</b> Children who attend after-school programs often walk into them with a small window of tolerance after pushing through the stress of daily school life. Transform your program into a place for children to relax, feel safe and connect with peers. In this session, we will discuss techniques for creating a School Family in your after-school program, structures appropriate for the setting and stress-free ways these children can be of service to each other.</p>	<p><b>Cassie Gerst</b> Conscious Discipline Certified Instructor</p>	<p>Elementary Admin: Elementary</p>
<p><b>Creating a School Family and the Use of Conscious Discipline in Non-Traditional Classroom Settings:</b> The benefits of a School Family aren't bound to traditional K-12 classroom settings. Experience the chance to hear from specialist teachers and scholars on the positive impact of a School Family and how the practice comes to life in many spaces and places; not just in a classroom. Participants will leave this session with practical ideas for creating a School Family in a variety of K-12 settings.</p>	<p><b>Jacqui Grider</b> Conscious Discipline Certified Instructor</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>Creating a School Family Culture with Early Childhood Staff:</b> Implementation is most successful when the administration leads the way by modeling the Powers and Skills; making small but significant changes and focusing on implementation with the adults first. Discover how to create fertile soil so Conscious Discipline can bloom! Once adults experience the power of Conscious Discipline, they are more willing to implement it in the classroom. Participants will leave this session with an understanding of the Conscious Discipline Action Team (CDAT), a year-long professional development outline, and ideas and strategies for building a School Family culture with staff.</p>	<p><b>Megan Shea-Bates</b> Conscious Discipline Certified Instructor</p>	<p>Admin: ECE</p>
<p><b>Creating a School Family Culture with K-5 Staff:</b> School climate impacts all achievement! The School Family represents a fundamental shift in education and classroom management from external control to intrinsic motivation. It systematically builds a positive school climate, increases teaching time, fosters academic success, eliminates bullying and decreases behavioral issues. In this session, you'll learn how to create a School Family with your staff in a K-5 setting through routines, rituals and structures. Step into a world where intrinsic motivation, helpfulness and connection thrive!</p>	<p><b>Angela Shelton</b> Conscious Discipline Certified Instructor</p>	<p>Admin: Elementary</p>
<p><b>Creating a School Family Culture with Secondary Staff:</b> School climate impacts all achievement! When teachers and staff experience a School Family, they're more willing and better equipped to create this compassionate learning environment for students. The School Family systematically builds a positive school climate, increases teaching time, fosters academic success, eliminates bullying and decreases behavioral issues. In this session, you'll learn how to create a School Family with secondary teachers, administrators and staff utilizing the language, routines, rituals and structures of Conscious Discipline. Creating a school-wide culture shift starts with you!</p>	<p><b>Afton Schleiff</b> Conscious Discipline Certified Instructor</p>	<p>Admin: Secondary</p>

<p><b>Tools for Building Sustainable Conscious Discipline Habits:</b> Have you ever attended a training session brimming with promising strategies, only to find yourself reverting to old habits shortly after? Join us for an immersive session designed to elevate your professional development experience. We will delve into research-backed methodologies to cultivate Conscious Discipline practices that are not only attainable but also enduring. Through a targeted examination of “habits of mind,” participants will uncover the keys to integrating Conscious Discipline into their mindset and behavior, paving the way for sustained success and long-term fidelity.</p>	<p><b>Dr. Valerie Parker</b> Conscious Discipline Certified Instructor</p>	<p>All</p>
<p><b>Transformational Change Framework: Implementation Strategies for Success:</b> Take a step-by-step journey through the strategies needed to bring schools, districts or programs to fidelity with Conscious Discipline. Enjoy a fun session full of ideas for creating a School Family with staff, building your Conscious Discipline Action Team (CDAT) and establishing a professional development calendar based on the needs of your program. Participants will leave with a professional development plan, strategies to evaluate your journey, clear next steps and rich connections with other participants. If you are filled with ideas and need a concrete plan to make them happen, this is your session!</p>	<p><b>Diane Phelan</b> Conscious Discipline Certified Instructor</p>	<p>All</p>
<p><b>Using Conscious Discipline to Reduce Teacher Turnover and Increase Retention:</b> Teachers are stressed and struggling to adapt to children’s behaviors, resulting in a high turnover of staff in early education. This session will focus on lending skills to employees to provide the support and connection needed to stay committed to the children they serve.</p>	<p><b>Tym Smith</b> Conscious Discipline Certified Instructor</p>	<p>Admin: ECE</p>

<p><b>Session B: Thursday, October 24 from 9:45 – 11:00am</b></p>	<p><b>Presenter(s)</b></p>	<p><b>Audience</b></p>
<p><b>A Regulated and Resourced Educator Makes for a Healthy School Family:</b> With teacher retention and mental health on the forefront of educators’ minds, this session offers supportive strategies to cultivate resilience among all stakeholders. A wellness framework and template will be shared. Leave this session with actionable solutions for today, tomorrow, and days to come.</p>	<p><b>Jacqui Grider</b> Conscious Discipline Certified Instructor</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>Baby Doll Circle Time: Attune and Play:</b> Research shows optimal child development is dependent on healthy relationships with adults. Explore how applying the Baby Doll Circle Time Curriculum in a group care setting can improve relationships between adults and children, reduce the stress of out-of-home care, wire the brain for optimal development, and help children develop healthy blueprints for self-regulation, relationships and sense of self through connection and play.</p>	<p><b>Amy Brakenhoff</b> Conscious Discipline Certified Instructor</p>	<p>Infant/Toddler PreK Admin: ECE</p>
<p><b>Coaching Bootcamp: Strengthen Your Conscious Discipline Skills to Support Staff:</b> Just as you go to the gym to build muscle and nurture your physical health, this session will help you strengthen and nurture your staff as a coach or leader. We are going to pump some IRON with hands on activities offering practical application strategies. Learn how to integrate the Seven Skills into your own social emotional practices and that of your School Family with this session.</p>	<p><b>Jenny Spencer</b> Conscious Discipline Certified Instructor</p>	<p>All</p>

<p><b>Communicating with Co-Workers: Stop Gossiping and Start Finding Solutions:</b> Positive adult relationships create a positive classroom climate where children and adults want to learn and play together! Discover specific communication skills that build positive relationships with coworkers and solve conflict as it occurs. Trade undermining, manipulation and gossip for empathy, assertiveness, and a culture of caring with the practical skills from this session.</p>	<p><b>Mandy Lloyd</b> Conscious Discipline Certified Instructor</p>	<p>Infant/Toddler PreK Admin: ECE</p>
<p><b>Conscious Discipline for Every Learner: Teaching Older Children with Neurodiversity:</b> Conscious Discipline is helpful for all children and essential to the success of those with developmental delays, autism spectrum disorder (ASD), and other disabilities. Conscious Discipline creates a safe, connected environment in which children can successfully internalize new skills. Discover practical, effective ways to practice Conscious Discipline in a classroom with neurodivergent learners, and create an environment in which students and teachers alike will thrive.</p>	<p><b>Cassie Gerst</b> Conscious Discipline Certified Instructor</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>Conscious Discipline for Every Learner: Teaching Young Children with Disabilities:</b> Conscious Discipline is helpful for all children and is essential to the success of those with developmental delays, autism spectrum disorder (ASD), and other disabilities. Conscious Discipline creates a safe, connected environment in which children can successfully internalize new skills. Discover practical, effective ways to practice Conscious Discipline in a classroom with young children with disabilities and create an environment in which students and teachers alike will thrive.</p>	<p><b>Rebecca Vitelli</b> Early Childhood Specialist</p>	<p>Infant/Toddler PreK Admin: ECE</p>
<p><b>Creating a Safe Place for Self-Regulation in Early Childhood Classrooms:</b> Research shows self-regulation is the prerequisite skill needed to create safe, effective learning environments. The Safe Place is a learning center where children can go to change their inner state from upset to calm. Adults practice the Power of Perception and the Skill of Composure as they coach children in the Safe Place. Participants will leave this session with a basic design for a Safe Place and strategies for coaching children through the Five Steps of Self-Regulation.</p>	<p><b>Lisa Brull</b> Early Childhood Special Education Coach</p>	<p>PreK</p>
<p><b>Creating a Safe Place for Self-Regulation with Elementary Students:</b> Research shows self-regulation is the prerequisite skill needed to create safe, effective learning environments. The Safe Place is a learning center where children can go to change their inner state from upset to calm. Adults practice the Power of Perception and the Skill of Composure as they coach children in the Safe Place. Participants will leave this session with a basic design for a Safe Place and strategies for coaching children through the Five Steps of Self-Regulation.</p>	<p><b>Alissa McGraw</b> Conscious Discipline Certified Instructor</p>	<p>Elementary</p>
<p><b>Integrating Conscious Discipline with RTI/MTSS:</b> Conscious Discipline is a natural fit for tiered approaches like RTI and MTSS. Though Conscious Discipline is typically seen as a Tier 1 approach, this session features an experienced school administrator who shares practical ideas and procedures for using Conscious Discipline to support Tier 2 and 3 children who struggle with success. Learn how administrators, teachers and support staff can use intensive and individualized practice of the Powers, Skills and Structures of Conscious Discipline to ensure student achievement.</p>	<p><b>Dr. Jenny Barkac</b> Conscious Discipline Certified Instructor</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>Speaking Conscious Discipline at the Secondary Level:</b> In this session, we will be focusing on adapting the Conscious Discipline language and strategies to fit a secondary level. What can a Time Machine look like in middle school? How do you conduct a Brain Smart Start with 8th graders? Learn how to teach your students about the Conscious Discipline language and structures in a way that is relatable, and then apply what you have learned from the book to your secondary classrooms or buildings. Together, we can improve our understanding of Conscious Discipline and help our secondary students achieve their best.</p>	<p><b>Chris Steindorff</b> Science Teacher, Middle School</p>	<p>Secondary Admin: Secondary</p>

<p><b>Teaching Self-Regulation and the Feeling Buddies:</b> Join one of the co-creators of the Feeling Buddies in an essential exploration of the Five Steps of Self-Regulation, the Power of Perception, the Skill of Composure, and Safe Place creation. Participants will leave this session with a basic understanding of how to implement the Feeling Buddies as the centerpiece of their Safe Place in order to instill healthy self-regulatory practices and inner speech in students.</p>	<p><b>Lety Valero</b> Conscious Discipline Certified Instructor</p>	<p>PreK Elementary</p>
<p><b>The Right Amount of Tension: Accountability and the Power of Love: Having Courageous Conversations with Staff:</b> Seeing the best in others and leading with love also means holding people accountable for being the very best versions of themselves each day. It is possible to dig in deep to the Power of Love and lead with it while having difficult conversations with staff and holding yourself and others accountable in a strong School Family.</p>	<p><b>Beth Schendel</b> Conscious Discipline Certified Instructor</p>	<p>Admin: ECE Admin: Elementary Admin: Secondary</p>
<p><b>Weaving Our Way Through Early Childhood Curriculum with Conscious Discipline:</b> Explore practices that empower educators to create secure environments that foster positive and age-appropriate social-emotional skills in young children. We will analyze examples from a continuum of Birth to 5 curriculum, Frog Street Press to demonstrate the many opportunities to set the tone for the entire day with a Brain Smart Start and extend throughout meaningful learning activities incorporated in whole group, small group settings.</p>	<p><b>Monica Cordoba, M.Ed. and Claudia Castillo-Magallanez, M.Ed.</b> Frogstreet Professional Development Bilingual Content Specialists</p>	<p>Infant/Toddler PreK Admin: ECE</p>

<p><b>Session C: Thursday, October 24 from 2:15 – 3:30pm</b></p>	<p><b>Presenter(s)</b></p>	<p><b>Audience</b></p>
<p><b>Coaching Your Staff the Conscious Discipline Way:</b> Transformational change takes place in safe, connected relationships that start with you! This session provides an honest “struggles and successes” account and exploration of coaching with Conscious Discipline. Engage with an experienced coach, tools, and resources for coaching others in their practice of the Powers, Skills, and Brain State Model of Conscious Discipline. Lean into your journey and help others in theirs through reflective, conscious coaching.</p>	<p><b>Lisa Brull</b> Early Childhood Special Education Coach</p>	<p>Infant/Toddler PreK Elementary Admin: ECE Admin: Elementary</p>
<p><b>Conflict Resolution: Your Big Voice and Tattling as a Teaching Tool in Elementary:</b> Conflicts, disobedience, crossed boundaries, and disrespect happen in every classroom. Learn to see tattling as an opportunity to teach children to use their Big Voice via the Time Machine. Help children change hurtful interactions into helpful exchanges and empower both teachers and students to practice the Skill of Assertiveness. When we see tattling in a new light, we can teach students important advocacy skills! Participants will leave this session with a plan for teaching an assertive Big Voice, practicing the Time Machine and empowering students.</p>	<p><b>Alissa McGraw</b> Conscious Discipline Certified Instructor</p>	<p>Elementary</p>
<p><b>Conflict Resolution: Use Your Big Voice in PreK:</b> Conflicts, disobedience, crossed boundaries, and disrespect happen in every classroom. This session provides the framework to meet each conflict with often missing social and emotional skills like assertiveness and empathy. Participants will leave this session with a plan for introducing and teaching children to use their assertive Big Voice and how to practice problem-solving with natural do-overs and the Time Machine.</p>	<p><b>Rehana Kinderman</b> 4K Early Learning Instructional Support Teacher-Coach</p>	<p>PreK</p>

<p><b>Conscious Discipline in Middle Schools and Secondary Schools:</b> Adolescence is a critical time in brain development. Although many believe secondary students should already “know better,” this is often far from the truth. Students require supportive, safe, and connected environments in which to acquire necessary skillsets and learn to manage feelings. Conscious Discipline at the secondary level provides students with the opportunity to learn self-regulation and other social, emotional, and executive skills. Discover how to implement the skills, powers, and structures of Conscious Discipline to create a safe, connected community of learners in secondary school.</p>	<p><b>Pennie Erskins</b> Conscious Discipline Certified Instructor</p> <p><b>Jessica Casteel</b> School Counselor, LPC</p>	<p>Secondary Admin: Secondary</p>
<p><b>Creating a Conscious Discipline Action Team (CDAT) that Drives Implementation:</b> The goal of the CDAT is to create a core team of people who are willing to continue learning about Conscious Discipline and lead implementation in the school/center. The CDAT shares their own challenges, successes and experiences, offers ample encouragement, and supports staff in implementing Conscious Discipline to fidelity. Learn how to nurture and empower a CDAT that can drive successful and sustainable implementation within your school/ program in this session.</p>	<p><b>Katie Moran</b> Principal</p>	<p>Admin: ECE Admin: Elementary Admin: Secondary</p>
<p><b>It’s Not About “Buying In;” It’s About Inspiration: Leading for Transformational Change:</b> One of the biggest questions we get from leaders is how to get “buy-in” for CD within their building. Conscious Discipline is an adult-first model which means as leaders, we must go first. This session will lean into the power of Free Will as you walk through your Conscious Discipline journey with your team. Walk away from this session with practical strategies for inspiring your school community to join you on the journey of becoming conscious adults to show up and provide powerful learning opportunities for kids!</p>	<p><b>Beth Schendel</b> Conscious Discipline Certified Instructor</p>	<p>Admin: ECE Admin: Elementary Admin: Secondary</p>
<p><b>Reimagining ISS with a C.A.R.E. Room: Supporting Self-Regulation:</b> Uncover the healing power of a <b>C</b>alming <b>A</b>nd <b>R</b>ecovery <b>E</b>nvironment (C.A.R.E) via an Indiana’s school district’s Anchor Room, their preventive and proactive tiered support environment. This session focuses on the development of self-regulation within the CARE room setting. Using mindfulness practices, active calming strategies, and scholars’ intentional exploration of many Conscious Discipline powers and skills, this room aligns with tier-one best practices within the district’s discipline flow chart to manage behaviors and teach missing skills. Discover a comprehensive system for adults and scholars to allow for successful learning and engagement.</p>	<p><b>Kristin Chesterman</b> Conscious Discipline Certified Instructor</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>The Emotional Contagion and Possibilities Through the Adult Nervous System:</b> The adult nervous system is the center of behavior. The ability to self-regulate and co-regulate with others are essential practices for problem solving, “pausing” and being present. In order to get ahead of unwanted reactions and behaviors, we must become aware of the environments, relationships and experiences around us, applying self-regulation and co-regulation practices. Learn how in this session.</p>	<p><b>Dr. Lori Desautels</b> Assistant Professor for Butler University</p>	<p>All</p>
<p><b>Using a M.A.P. and Visuals for Safety and Success in Elementary:</b> Children’s brains use images to govern behavior. Providing visuals that communicate our expectations increases the likelihood of success. Knowing what to do, when to do it and how to do it is essential for building a School Family. Discover how creating visuals helps adults practice the Power of Attention and the Skill of Assertiveness to create a sense of safety through predictability and consistency for the children in their care. Participants will also learn how to M.A.P.: <b>M</b>odel, <b>A</b>dd visuals and <b>P</b>actice routines and behavior expectations. This will help apply this process to teaching the Brain Smart Start routine that’s designed to maintain optimal learning states during transitions in elementary grades.</p>	<p><b>Jenette Mulholland</b> K-12 Director for Summit Academy</p>	<p>Elementary</p>

<p><b>Using a M.A.P. and Visuals for Safety and Success in PreK:</b> Children’s brains use images to govern behavior. Providing visuals for expectations increases the likelihood of success. Discover how creating visuals helps adults practice the Power of Attention and the Skill of Assertiveness to create a sense of safety through predictability and consistency. Participants will also learn how to M.A.P.: <b>M</b>odel, <b>A</b>dd visuals and <b>P</b>ractice routines and behavior expectations. This will help apply this process to teaching the Brain Smart Start routine that’s designed to maintain optimal learning states during transitions in PreK settings.</p>	<p><b>Rebecca Vitelli</b> Early Childhood Specialist</p>	<p>PreK</p>
<p><b>Using Visuals to Support Infants and Toddlers:</b> Children’s brains use images to govern behavior. Providing visuals that communicate our expectations increases the likelihood of success. Knowing what to do, when to do it and how to do it is essential for building a School Family. Discover how creating visuals helps adults practice the Power of Attention and the Skill of Assertiveness to create a sense of safety through predictability and consistency for the children in their care. Participants will learn how to implement a Brain Smart Start, and leave with a plan to create practical visuals that support children’s and parents’ success.</p>	<p><b>Mindy Becker</b> Conscious Discipline Certified Instructor</p>	<p>Infant/Toddler</p>
<p><b>We Are All in This Together: Supporting Executive Function Skills:</b> Establish an understanding of Executive Skills and why they are critical for students’ social, emotional and academic success. Then learn how to provide scaffolding and support for these essential skills. Discover how to create safety and connection among students who are struggling with academic or behavioral issues, and encourage collaborative problem-solving to increase success. From attention and time management to impulse control and emotional regulation, this session provides you with the tools necessary to meet students exactly where they are and empower them to initiate, prioritize, and achieve their goals with your help. We are all in this together!</p>	<p><b>Jennie Gries</b> Conscious Discipline Certified Instructor</p>	<p>Elementary</p>

<p><b>Session D: Friday, October 25 from 8:00 – 9:15am</b></p>	<p><b>Presenter(s)</b></p>	<p><b>Audience</b></p>
<p><b>Coaching from Chaos to Calm: Supporting Educators through Social-Emotional Learning:</b> Teachers need our support. This session meant for coaches, administrators, and anyone who supports other educators will focus on how to use the Powers and Skills of Conscious Discipline to guide educators toward self-regulation, assertiveness and empathy; enabling them to better help their students.</p>	<p><b>Jenette Mulholland</b> K-12 Director for Summit Academy</p>	<p>Infant/Toddler PreK Elementary Admin: ECE Admin: Elementary</p>
<p><b>Contagious Transformation in the Midst of the Storm: Transforming Yourself, Your Campus, and Your Organization:</b> Educators continue to face daily challenges of trauma and severe behaviors post-pandemic. Our teachers struggle with increased demands while our students lack the skills they need for success. Explore the importance of leadership, consistency, and modeling to build capacity and sustainability in your organization so teachers can teach and students can learn. This session shares the stories and experiences of an educational leader who led successful implementation across multiple campuses despite a pandemic, budget cuts, and even a tornado! Join us to reignite your passion and become a catalyst for transformation in your organization.</p>	<p><b>Katie Moran</b> Principal</p>	<p>Admin: ECE Admin: Elementary Admin: Secondary</p>

<p><b>District-Wide Transformational Planning:</b> Transformational change requires a new mindset – not just a new way to do business, but a new way of thinking. Learn how to transform the fabric of any school’s culture with administrative buy-in and willing teachers and staff who successfully motivate others as they create model classrooms for sustainability. You will leave this session with an applicable outline for Conscious Discipline implementation strategies in Phase 1, Phase 2, and Phase 3.</p>	<p><b>Dr. BeAnn Younker</b> Director of Student Services</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>Equity, Culture and Conscious Discipline:</b> There are powerful connections between Conscious Discipline, respect for culture and equity. Examine how equitable practices are crucial to strengthening the Power of Unity and how cultural considerations strengthen The Power of Connections. In this breakout session, we will define Equity and provide key basic details of what it means to be Culturally Responsive. These concepts and ideas will then be connected to the power of connections, the Power of Unity, and the Conscious Discipline Brain State Model. This session is intended to incorporate several School Family Structures that are culturally responsive to the needs of diverse students.</p>	<p><b>Angela Shelton</b> Conscious Discipline Certified Instructor</p>	<p>All</p>
<p><b>Grab Your Shades:</b> What pair of shades are you wearing? We grab our glasses when we need to shield ourselves from the sun, see the fine print or protect our eyes. In this session, we’ll explore the lens we’re looking through and how that knowledge can impact what we see. The Conscious Discipline Brain State Model helps us reflect on how our lens impacts the children, families and co-workers we interact with every day. Learn how to create the home or school culture we truly want to see. Reflect on how we pass our beliefs and behaviors on to those around us for generations to come. Create purposeful, positive and sustainable change in our lives and the lives we touch.</p>	<p><b>Amy Brakenhoff</b> Conscious Discipline Certified Instructor</p>	<p>All</p>
<p><b>Growing Leaders: Building Sustainability through Mentoring:</b> Being a leader in early education is hard! Learn how mentoring will help you build a positive school culture, retain staff, develop leaders within your team, and provide a vital support system for your school community. In this session, we will share an outline for starting a mentoring program in your organization that will assist with onboarding and skill development through intentional practices.</p>	<p><b>Jenny Spencer</b> Conscious Discipline Certified Instructor  <b>Emily Nauth</b> Child Care Director</p>	<p>Admin: ECE</p>
<p><b>Holding Space for Challenging Behaviors within the School Family:</b> Challenging behaviors in public schools and beyond have emerged out of the pandemic making self-regulation practices essential. Holding the space for students to work through challenging behaviors is integral to growth and development as educational practitioners. Implementation of the School Family daily practices is critical to growing and developing the necessary Executive Skills to build new neuro-pathways in the brain for new behaviors to emerge! Come learn how we hold space for students with challenging behaviors to build connection and safety for new pathways in the brain!</p>	<p><b>Megan Shea-Bates</b> Conscious Discipline Certified Instructor  <b>Crystal Morrison</b> Inclusion Specialist</p>	<p>PreK Elementary Admin: ECE Admin: Elementary</p>



<p><b>Potty Mastery: A Child-Centered Approach to Toileting:</b> Join the author of the groundbreaking book, “Potty Mastery: A Child-Centered Approach to Toileting” to delve into a world where children’s unique needs take center stage and adults become their natural allies in the essential developmental milestone of potty learning. Say goodbye to sticker charts, bribes, and anxious bathroom standoffs! In this session, you’ll explore evidence-based practices, dispel myths and misconceptions around toileting, learn how to support every child’s unique temperament, discover how to build body awareness and confidence, and strengthen the bond between children and their adult leaders.</p>	<p><b>Joan Morgenstern</b> Director of Parent Education and Community Outreach at Senders Pediatrics</p>	<p>Infant/Toddler</p>
<p><b>Problem Solving: Teaching Toddlers Social Skills:</b> Healthy attachment is essential for healthy development. For infants, our main discipline focus is building a secure attachment through attuned interactions using the D.N.A. process (<b>D</b>escribe, <b>N</b>ame, <b>A</b>cknowledge). Older infants and toddlers are impulsive, which often creates conflict as they begin to learn about boundaries and cause/effect. Teaching social skills and setting limits works better when we A.C.T.: <b>A</b>cknowledge the child’s deepest desire and intent, <b>C</b>alm by breathing to slow down and <b>T</b>arget two positive choices. Participants will leave this session with a deeper understanding of how to foster secure attachment with D.N.A. and A.C.T.</p>	<p><b>Mindy Becker</b> Conscious Discipline Certified Instructor</p>	<p>Infant/Toddler</p>
<p><b>Self-Regulation Skills for Tier 2 Intervention in the Secondary Setting:</b> Explore how the implementation of small group settings within Tier 2 Intervention increases regulation among secondary students. Listen to real experiences of professionals who meet with small groups 12 times in a semester to engage in regulation practices by way of ice breakers, connection activities and different breathing techniques. Learn how to present brain states and triggers to empower students to work through situations that can cause emotional upset and encourage the use of the steps to self-regulation.</p>	<p><b>Pennie Erskin</b> Conscious Discipline Certified Instructor <b>Jessica Casteel</b> School Counselor, LPC</p>	<p>Secondary Admin: Secondary</p>
<p><b>Strengthening Adult Executive Function to Support Scholar Success: Conscious Discipline Starts with You:</b> This session focuses on supporting the executive function skills of adults in order to increase students’ behavioral and academic success. The practices included in this session are easy to implement, provide opportunities for self-reflection, and can be adapted to use in the classroom.</p>	<p><b>Jacqui Grider</b> Conscious Discipline Certified Instructor <b>Ryan Habben</b> Principal</p>	<p>Elementary Secondary Admin: Elementary Admin: Secondary</p>
<p><b>Using Conscious Discipline Skills to Teach SEL Lessons:</b> Discover how to incorporate Conscious Discipline Skills into your social-emotional lessons, in ways that are both easy and practical. This session will walk you through how to teach each of the seven Conscious Discipline skills as the session showcases how one school in Texas has been teaching these lessons to their students and the significant difference that it has made in the lives of students and staff.</p>	<p><b>Tracy Skripka</b> Conscious Discipline Certified Instructor</p>	<p>Secondary</p>