



**Conscious
Discipline®**

BREAKOUT SCHEDULE & DESCRIPTIONS

SESSION A • THURSDAY, OCTOBER 23 • 3:00 – 4:15 PM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|--|
| Tracy Skripka Conscious Discipline Certified Instructor, Middle School Counselor | Bringing Parents to the Conscious Discipline School Family™ This session will show how to bring parents into the School Family by including them in the learning and school culture that Conscious Discipline offers. Parents learn what the students and staff learn, so that they can experience the School Family as included, vital participants and not as outsiders. | Elementary Secondary School Counselors Admin: Elementary Admin: Secondary |
| Jennie Gries Conscious Discipline Certified Instructor, 2nd Grade Educator | Building a School Family™ in Elementary The School Family transforms education by shifting from external control to intrinsic motivation, fostering academic success and positive behavior. Learn how routines, rituals, and structures create a supportive climate, increase teaching time, and reduce bullying. Discover strategies to cultivate connection, helpfulness, and lasting success in your school community. | Elementary |
| Lisa Brull Program Support Coordinator, Special Education Coach | Building a School Family™ in PreK School climate shapes achievement. The School Family shifts education from external control to intrinsic motivation, fostering academic success and positive behavior. Learn to create a compassionate PreK community using routines, rituals, and structures that build connection, eliminate bullying, and enhance teaching time, ensuring every member thrives in a supportive environment. | ECE / PreK |
| Lynn Young Conscious Discipline Certified Instructor | Coaching Teams to Move from Reactivity to Success Conscious Discipline starts with adults, yet teams often struggle to align. This session examines common roadblocks, shifting from blame to collaboration. Learn strategies to foster 100% responsibility, overcome judgment, and build cohesive teams. Whether you're a teacher, coach, or administrator, discover how to guide teams toward unity and collective success. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Dana Blanchard 5th Grade Educator, Conscious Discipline Endorsed Facilitator | Conscious Discipline in Upper Elementary and Middle Schools Adolescence is a key stage in brain development, requiring repeated teaching for lasting growth. Scholars thrive in safe, connected environments where they build self-regulation and essential social-emotional skills. Learn to implement Conscious Discipline strategies to foster a supportive secondary school community that equips students with lifelong emotional and executive skills. | Upper Elementary Secondary Admin: Elementary Admin: Secondary |

SESSION A • THURSDAY, OCTOBER 23 • 3:00 – 4:15 PM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|---|---|
| Yvonne Watkins Conscious Discipline Certified Instructor, Executive Director | Creating a School Family™ Culture with Early Childhood Staff A Successful implementation starts with leadership modeling the Conscious Discipline Powers and Skills. This session explores small yet impactful changes that cultivate a supportive school culture. Learn how the Conscious Discipline Action Team (CDAT) fosters staff engagement, ensuring adults experience its benefits first — creating the foundation for seamless classroom integration and lasting transformation. | Admin: ECE |
| Dr. Rena Hawkins Elementary Principal Ashley Doll Asst. Elementary Principal | Creating a School Family™ Culture with K-5 Staff School climate shapes achievement. The School Family shifts education from external control to intrinsic motivation, fostering academic success and positive behavior. Learn to create a supportive K-5 environment using routines, rituals, and structures that build connection, eliminate bullying, and enhance teaching time, ensuring every student thrives in a compassionate community. | Elementary Admin: Elementary |
| Sara Royer Conscious Discipline Certified Instructor, Education Specialist | Inclusive and Connected Classrooms: Integrating Universal Design for Learning with Conscious Discipline Explore how Universal Design for Learning (UDL) and Conscious Discipline create inclusive classrooms through intentional design and emotional connection. Learn strategies for proactive classroom setup, flexible learning environments, and self-regulation tools that foster engagement and success. Walk away with practical techniques to build safe, responsive, and adaptable spaces for all learners. | ECE: Birth–5 Years Elementary Secondary Neurodiverse Learners Admin: ECE Admin: Elementary Admin: Secondary |
| Katie Ahearn Conscious Discipline Certified Instructor, Assistant Principal | Self-Care the Conscious Discipline Way Unlock the power of Conscious Discipline to become the education superhero you've been waiting for! This session explores shifting thoughts and inner speech to promote executive state regulation, fostering resilience and retention among teachers. Learn strategies to create a supportive environment that empowers educators and enhances student success. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Latoria Marcellus Conscious Discipline Certified Instructor, Senior Director Education Strategy | The Beautiful Mess: Embracing Change and Finding Calm in Chaos Change is messy, but it fuels growth. This Conscious Discipline session explores self-regulation in everyday life, offering practical strategies to prioritize self-care even when time is scarce. Learn how embracing chaos fosters personal resilience and deeper connections, empowering you to navigate challenges with confidence and cultivate meaningful relationships. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Beth Schendel Conscious Discipline Certified Instructor, Principal | The Right Amount of Tension: Accountability and the Power of Love (Courageous Conversations with Staff) Leading with love means seeing the best in others while elevating accountability for growth. Explore the Power of Love in leadership, learning to foster connection, navigate tough conversations, and inspire excellence. Build a strong School Family™ where accountability and compassion create an environment for personal and collective success. | Admin: ECE Admin: Elementary Admin: Secondary |

SESSION A • THURSDAY, OCTOBER 23 • 3:00 – 4:15 PM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|--|
| Julie Martzke School Psychologist | Using Conscious Discipline to Support Autistic and Neurodivergent Preschoolers and Their Families Discover how an early childhood special education program fully embraced Conscious Discipline over eight years, integrating it across disabilities and ages. Learn strategies, rituals, visual supports, and individualized approaches like Baby Doll Circle Time and Feeling Buddies. Explore family events that empower parents, foster connections, and build a strong community of care. | ECE / PreK Neurodivergent Learners Admin: ECE |

SESSION B • FRIDAY, OCTOBER 24 • 10:00 – 11:15 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|--|---|
| Julie Martzke School Psychologist | Connecting Trauma Informed Practice to Conscious Discipline with Young Learners Explore how Conscious Discipline supports trauma-responsive care in early childhood settings. Learn best practices for addressing trauma's impact on brain development and recognizing responses in young learners. Discover strategies to help staff bring their best selves to students, fostering resilience in both children and adults through connection, safety, and skill-building. | ECE / PreK Admin: ECE |
| Lynn Young Conscious Discipline Certified Instructor | Conscious Discipline for Every Learner: Teaching Young Children with Disabilities Conscious Discipline is helpful for all children and is essential to the success of those who are coping with developmental delays, Autism Spectrum Disorder (ASD) and other challenging issues. Conscious Discipline creates a safe, connected environment in which children can successfully internalize new skills. Participants will leave this session with effective adaptations for practicing Conscious Discipline with young children with disabilities in a classroom setting. | ECE: Birth–5 Years Neurodiverse Learners |
| Ryan Habben Elementary Principal | Conscious Discipline in Action: Brain Smart® Starts for Self-Contained Classrooms Bring calm, connection, and structure to self-contained classrooms using Conscious Discipline. This session explores Brain Smart Starts and tailored strategies for emotional disabilities, autism, and essential skills settings. Learn to foster emotional regulation, executive functioning, and relationships with real-life examples, visuals, and tools designed for diverse learners' unique needs. | Elementary Neurodiverse Learners Admin: Elementary |
| Jill Molli Conscious Discipline Certified Instructor, Chief Growth Officer Daniel Guerrero Head of Product R+D | Conscious Leadership Leadership isn't about control, it's about connection. Conscious Leadership is Conscious Discipline's new leadership framework designed to support education leaders with the tools to self-regulate, build authenticity, and foster connection in their organizations. In this session, Jill Molli and Daniel Guerrero will guide participants through the principles of Conscious Leadership and the learnings from looking at the most transformational Conscious Discipline leaders. | Admin: ECE Admin: Elementary Admin: Secondary |

SESSION B • FRIDAY, OCTOBER 24 • 10:00 – 11:15 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|---|--|
| Jenny Spencer Conscious Discipline Certified Instructor Emily Nauth Program Director | Growing Leaders: Building Sustainability Through Mentoring Leading in early education is challenging, but mentoring fosters a strong school culture, retains staff, and develops leadership. This session outlines how to create a mentoring program that supports on boarding and skill development through intentional practices. Learn strategies to build a supportive community and empower educators for lasting success. | Admin: ECE |
| Dr. Rena Hawkins Elementary Principal Ashley Doll Asst. Elementary Principal | Integrating Conscious Discipline and PBIS for a Supportive School Community Integrating Conscious Discipline with PBIS fosters a safe, connected school community. This session explores structured morning routines, conflict resolution tools like the Conflict Resolution Time Machine, and campus-wide initiatives supporting staff and families. Learn how embedding these practices into daily interactions empowers students and educators, promoting academic success and emotional well-being. | Elementary Admin: Elementary |
| Diane Phelan Conscious Discipline Certified Instructor, Director of Engagement | It's Time to Play: The Importance of Play for Adults Play is vital for adults, boosting creativity, stress relief, and connection. This session explores research in psychology and neuroscience, showing how play enhances mental health and fosters innovation. Engage in interactive exercises to reignite playfulness and apply its benefits in personal and professional life, strengthening school families and teams. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Ellen DeFreese, 3rd Grade Educator | Silent Signals and Connection: Harnessing Nonverbal Communication and Codes of Care in the Classroom Strengthen classroom connections without interrupting instruction through nonverbal codes of care. This seamless approach ensures students feel seen and supported while maintaining lesson flow. Learn how silent communication fosters engagement, builds relationships, and creates an inclusive learning environment, enhancing emotional well-being and responsiveness for all learners. | Elementary |
| Julie Riley Middle School Educator | Speak Up and Sparkle: Unlocking Assertive Communication with a <i>Wicked</i> Twist! Inspired by <i>Wicked</i> and the song <i>Popular</i> , this session teaches teens assertive communication, fostering confidence and empathy. Using role play, students learn to set boundaries, shift from judgment to observation, and embrace mistakes as growth opportunities. Explore Wish Wells and the Conflict Resolution Time Machine to strengthen relationships and create a supportive classroom. | Elementary Secondary |
| Hillary Spratlin PreK Mentor Teacher, Mental Health Specialist | Using a M.A.P. and Visuals for Safety and Success in Early Childhood Classrooms Children's brains rely on images to shape behavior. Visuals clarify expectations, fostering predictability and success. Learn to create a sense of safety through the Power of Attention and Skill of Assertiveness. Explore M.A.P. — M odel, A dd visuals, and P ractice — to reinforce routines and teach Brain Smart® Start for optimal learning during transitions. | ECE / PreK |

SESSION B • FRIDAY, OCTOBER 24 • 10:00 – 11:15 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|--|---------------------------------|
| Alissa McGraw Conscious Discipline Certified Instructor | Using M.A.P. and Visuals for Safety and Success in Elementary Children's brains rely on images to shape behavior. Visuals clarify expectations, fostering predictability and success. Learn to create a School Family by using the Power of Attention and Assertiveness. Discover M.A.P. — M odel, A dd visuals, and P ractice — to reinforce routines, strengthen safety, and teach Brain Smart Start® for optimal transitions in elementary grades. | Elementary |
| Jennie Gries Conscious Discipline Certified Instructor, 2nd Grade Educator | We Are All in This Together: Supporting Executive Function Skills Executive Skills are essential for social, emotional, and academic success. Learn to scaffold support, foster safety and connection, and guide struggling students through collaborative problem-solving. This session equips you with tools to improve attention, time management, impulse control, and emotional regulation, empowering students to set goals and achieve success. | Elementary Admin: Elementary |

SESSION C • FRIDAY, OCTOBER 24 • 1:00 – 2:15 PM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|---|
| Crystal Howard Conscious Discipline Certified Instructor, Professional Dev. Manager | Building Connections Through Play Learn to foster connections through play by exploring the Brain State Model, helping children feel safe and ready to learn. Discover how meaningful interactions, including I Love You Rituals and greetings, strengthen bonds and enhance development. This session offers practical strategies to build connection and support children's emotional growth. | ECE: Birth–5 Years |
| Lisa Brull Program Support Coordinator, Special Education Coach | Coaching Your Staff the Conscious Discipline Way Guide your staff in their Conscious Discipline journey through transformational coaching. This session explores struggles and successes in fostering safe, connected relationships. Engage with an experienced coach, gain tools for impactful coaching, and learn to apply the Brain State Model. Support others in harnessing Conscious Discipline's Powers and Skills for lasting change. | ECE: Birth–5 Years Admin: ECE Elementary Admin: Elementary |
| Hillary Spratlin PreK Mentor Teacher / ECE Mental Health Specialist | Conflict Resolution: Use Your Big Voice in PreK Classroom conflicts provide opportunities to teach assertiveness and empathy. This session offers a framework for addressing disobedience and boundary issues using social-emotional skills. Learn to introduce the Big Voice, guide problem-solving, and use natural do-overs and the Conflict Resolution Time Machine to foster respectful communication, strengthen relationships, and promote positive resolution. | ECE / PreK |
| Alissa McGraw Conscious Discipline Certified Instructor | Conflict Resolution: Big Voice and Tattling as a Teaching Tool Classroom conflicts are inevitable, but tattling can be a powerful opportunity to teach advocacy. Learn to transform hurtful interactions into helpful exchanges using the Conflict Resolution Time Machine and the Skill of Assertiveness. This session equips educators with strategies to help students develop their Big Voice and practice respectful communication. | Elementary |

SESSION C • FRIDAY, OCTOBER 24 • 1:00 – 2:15 PM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|---|--|
| Anne Marshall Neuro Educator Dr. BeAnn Younker Director/New Teacher Mentor | Conscious Discipline is at the Heart of: Inspiring Minds and Embracing Possibilities Through a District-Wide Transformational Change K-12 Our district's eight-year journey with Conscious Discipline has created a sustainable K-12 framework for behavior and academics. Learn how to implement MTSS district-wide, overcoming mandates that hinder success. With 14,000 students and 800 staff, we've built a proven model to inspire educators and empower scholars through lasting, systemic change. | Admin: Elementary Admin: Secondary |
| Ryan Habben Elementary Principal | Creating Connection: Implementing I Love You Rituals™ with Staff and Students I Love You Rituals foster trust, emotional safety, and engagement, strengthening school culture. This session explores practical ways to integrate these rituals throughout the day, gain staff buy-in, and prioritize relationships. Walk away with actionable strategies to deepen connections among students and educators, creating a more supportive and regulated learning environment. | Elementary Secondary Admin: Elementary Admin: Secondary |
| Angela Limon Elementary Principal | Flipping Severe Behaviors: Transforming Severe Student Behaviors with a Caring Room Students with severe behaviors often struggle with self-regulation. Our Caring Room fosters emotional support, shifting responses from crisis-driven actions to problem-solving. This session explores steps to establish, model, and implement a Caring Room, sharing success stories and strategies that empower students to develop self-regulation skills for long-term academic and personal growth. | Elementary Secondary Admin: Elementary Admin: Secondary |
| Beth Schendel Conscious Discipline Certified Instructor, Principal | Navigating the Rapids of Change Build resilience in school cultures using Conscious Discipline and the Knoster Model. Learn to foster safety, connection, and problem-solving to support adults through change, reduce resistance, and create a shared purpose. Explore strategies to navigate uncertainty, strengthen collaboration, and drive initiatives for a harmonious, effective school community with better student outcomes. | Admin: ECE Admin: Elementary Admin: Secondary |
| Beth Anspach Conscious Discipline Certified Instructor, Director | Problem Solving: Teaching Toddlers Social Skills Healthy attachment is vital for development. Infants need attuned interactions using the D.N.A. process – D escribe, N ame, A cknowledge. Toddlers, driven by impulse, benefit from A.C.T. – A cknowledge intent, C alm through breathing, and T arget positive choices. Learn to foster secure attachment, set boundaries, and teach social skills for lasting emotional growth. | ECE: Birth–3 Years |
| Lety Valero Conscious Discipline Certified Instructor | Teaching Self-Regulation and the Feeling Buddies Explore the Five Steps of Self-Regulation, the Power of Perception, and the Skill of Composure with a Feeling Buddies® co-collaborator. Learn how to create a Safe Place™ and use Feeling Buddies as a centerpiece for fostering self-regulation and inner speech, equipping students with lifelong emotional tools for success. | ECE / PreK Elementary |

SESSION C • FRIDAY, OCTOBER 24 • 1:00 – 2:15 PM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|---|--|
| Tracy Skripka Conscious Discipline Certified Instructor, Middle School Counselor | Using Conscious Discipline Skills to Teach Lessons in Social Development and Emotional Literacy Learn to integrate Conscious Discipline into social-emotional lessons with simple, practical strategies. This session highlights how one Texas school teaches the seven skills, transforming student and staff experiences. Discover effective ways to build emotional intelligence, foster connection, and create a supportive learning environment where self-regulation and positive relationships thrive. | Elementary Secondary School Counselors Admin: Elementary, Admin: Secondary |
| Katie Ahearn Conscious Discipline Certified Instructor, Asst. Principal Jodi McEachron Principal | Wrap Around Villages and Experiencing the Change This session equips leaders to develop individual plans for students receiving Tier Three supports. Learn to create a fishbowl experience where faculty meetings foster campus-wide collaboration. Discover how immersive experiences shift school culture, ensuring Conscious Discipline becomes a natural, integrated approach rather than an isolated practice, strengthening student and staff success. | Elementary Secondary Admin: Elementary Admin: Secondary |

SESSION D • SATURDAY, OCTOBER 25 • 8:00 – 9:15 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|--|
| Julie Riley Middle School Educator | A Day In The Life - Conscious Discipline in Middle School Explore how Conscious Discipline practices enhance secondary education by integrating brain-aligned strategies throughout the school day. Learn ten key ways to align powers and skills for academic success, utilize visual prompts, and foster student collaboration. Gain insights into secondary school families and district support through Building Champions and the Conscious Discipline EF pilot program. | Secondary |
| Ryan Habben Elementary Principal | Building Executive Function Through Conscious Discipline Shift behavior RTI meetings from reactive discipline to proactive skill-building with Conscious Discipline. Learn to teach executive functioning skills, empowering students to self-regulate, problem-solve, and succeed. Discover how the Executive Skills Meeting model reframes challenges as growth opportunities and gain strategies to integrate these practices into daily school routines and leadership meetings. | Elementary Secondary Admin: Elementary Admin: Secondary |
| Lynn Young Conscious Discipline Certified Instructor | Coaching Teams to Move from Reactivity to Success Conscious Discipline starts with adults, yet teams often struggle to align. This session examines common roadblocks, shifting from blame to collaboration. Learn strategies to foster 100% responsibility, overcome judgment, and build cohesive teams. Whether you're a teacher, coach, or administrator, discover how to guide teams toward unity and collective success. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |

SESSION D • SATURDAY, OCTOBER 25 • 8:00 – 9:15 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|---|
| Heather Celio ECE Trainer and Coach | Conscious Environments – Supporting Regulation Through Sensory Awareness Supporting children requires understanding their sensory needs beyond the School Family™. This session explores proprioception, vestibular input, and touch in self-regulation. Discover strategies to create sensory-conscious spaces that promote safety, connection, and learning. Small environmental adjustments can lead to significant breakthroughs in emotional well-being, behavior, and overall developmental success. | ECE: Birth–5 Years Neurodiverse Learners Early Elementary |
| Angela Limon Elementary Principal | Creating a Conscious Discipline Action Team (CDAT) that Drives Implementation: The CDAT builds a committed team to lead Conscious Discipline implementation. Through shared experiences, encouragement, and support, they foster fidelity in practice. Learn to nurture and empower a CDAT that drives sustainable success in your school or program, ensuring long-term growth and meaningful impact for educators and students alike. | Admin: ECE Admin: Elementary Admin: Secondary |
| Ellen DeFreese 3rd Grade Educator | Creating a Safe Place™ for Self-Regulation with Elementary Students Self-regulation is key to a safe, effective learning environment. The Safe Place helps children shift from upset to calm, supported by adults using the Power of Perception and Skill of Composure. Learn to design a Safe Place and coach children through the Five Steps of Self-Regulation for lasting emotional growth. | Elementary |
| Rehana Kinderman ECE Coach | Creating a Safe Place™: Teaching Self-Regulation in Early Childhood Classrooms Self-regulation is essential for a safe, effective learning environment. The Safe Place helps children shift from upset to calm, guided by adults using the Power of Perception and Skill of Composure. Learn to design a Safe Place and coach children through the Five Steps of Self-Regulation for lasting emotional growth. | ECE / PreK |
| Tracy Skripka Conscious Discipline Certified Instructor, Middle School Counselor | Creating a School Family™ Culture with Staff This session will share multiple examples of how Keller Middle School has created a school culture that is built on a family model. We will discuss how a school can feel different as soon as you walk through the front doors. Participants will leave with a list of ideas to take back to their campus immediately. | School Counselors Admin: Elementary Admin: Secondary |
| Hillary Spratlin PreK Mentor Teacher / ECE Mental Health Specialist | Playful Pathways: Using Fun and Creativity to Enhance Mental Wellness Children often come to school in a survival or emotional brain state with uncertainty, big emotions, and difficult behaviors. Join us in a lively session where the Brain State Model and playful techniques are the key to rewiring the brain, allowing students to communicate effectively and solve problems. Leave feeling empowered to help children through difficulties and unlock their learning potential. | ECE: Birth–5 Years Admin: ECE Lower Elementary Admin: Elementary |

SESSION D • SATURDAY, OCTOBER 25 • 8:00 – 9:15 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|---|
| Yvonne Watkins Conscious Discipline Certified Instructor, Executive Director | So Much Power in Connection Classroom rituals build connection, compassion, and impulse control while fostering unity and encouragement. This session explores how to integrate rituals into daily routines, helping children develop social skills like cooperation, appropriate touch, and limit-setting. Walk away with a practical plan to weave meaningful rituals into learning, strengthening relationships and engagement. | ECE: Birth–5 Years Admin: ECE |
| Sara Royer Conscious Discipline Certified Instructor, Education Specialist | Supporting New Teachers with Conscious Discipline: Building Confidence, Connection, and Classroom Success Starting a teaching career can be overwhelming, but support makes all the difference. This session explores how Conscious Discipline fosters safety, connection, and self-regulation, helping new educators build relationships and confidence. Learn mentoring strategies, composure techniques, and effective structures to empower teachers, ensuring a positive, engaging learning environment from day one. | Admin: ECE Admin: Elementary Admin: Secondary |
| Jennie Gries Conscious Discipline Certified Instructor, 2nd Grade Educator | We Are All in This Together: Supporting Executive Function Skills Executive Skills are essential for social, emotional, and academic success. Learn to scaffold support, foster safety and connection, and guide struggling students through collaborative problem-solving. This session equips you with tools to improve attention, time management, impulse control, and emotional regulation, empowering students to set goals and achieve success. | Elementary Admin: Elementary |

SESSION E • SATURDAY, OCTOBER 25 • 9:35 – 10:50 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|--|--|
| Moe Kampfe Conscious Discipline Certified Instructor | Adult Assertiveness Learning how to use an assertive voice with adults in any setting can increase a sense of belonging and unity. Practice starter phrases and scenarios that will empower you to be proactive in setting healthy limits with others. Hear real examples of how to be reflective and plan for opportunities to solve problems in a safe way using your assertive voice. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Crystal Howard Conscious Discipline Certified Instructor, Professional Dev. Manager | Coaching to Develop Self-Reflective Educators Teachers may resist coaching due to evaluation fears or reliance on expertise. This session guides coaches in fostering reflection, helping educators develop independent growth strategies. Learn to refine questioning skills, support goal-setting, and empower teachers to embrace reflective practice, leading to meaningful Professional Development and lasting instructional change. | ECE: Birth–5 Years Elementary |

SESSION E • SATURDAY, OCTOBER 25 • 9:35 – 10:50 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|---|---|--|
| Amy Brakenhoff Conscious Discipline Certified Instructor, ECE Coach | Connection... A Dopamine Guarantee Connections are essential; you need fresh ways to strengthen them with children, colleagues, and families. This session explores the Conscious Discipline Brain State Model to identify connection as a core need. Learn new rituals to foster belonging, reflect on past connections, and create lasting, positive change through meaningful interactions. | ECE: Birth–5 Years Admin: ECE |
| Lisa Brull Program Support Coordinator, Special Ed. Coach Rehana Kinderman ECE Coach | How Am I supposed to Teach This Kid? Empowering Educators to Lean into the Power of Love to Support Challenging Behaviors Transforming challenging behaviors in PreK starts with seeing children’s potential beyond their actions. This session explores how love, connection, and perspective empower teachers to foster safety and learning. Through real-life examples, discover strategies to bring calm to chaos, reshape classroom culture, and create a nurturing environment where every child thrives. | ECE: Birth–5 Years Admin: ECE |
| Daniel Guerrero, Head of Product R+D Julie Ruffo, Lead Publisher | Innovating with Conscious Discipline – An Agile Approach to Transformation School change is inevitable, but transformation requires intention. This session explores how educators and administrators can apply an agile approach to Conscious Discipline, focusing on iterative implementation, adaptive problem-solving, and organizational learning. Gain insights into innovation and get a sneak peek into our 2026 Product Roadmap for advancing school culture. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Beth Anspach Conscious Discipline Certified Instructor, Director | Music is a Superfood: Enhancing Brain Smart® Start, Transitions and I Love You Rituals™ with Music and Movement Early childhood professionals value relationships but struggle to find time for meaningful connection. This session explores four key components of playful interactions, using music, rhythm, and movement to ease transitions and regulate energy. Gain practical strategies, hands-on activities, and insights to strengthen early bonds and create joyful, developmentally responsive learning experiences. | ECE: Birth–5 Years |
| Dr. BeAnn Younker Director / New Teacher Mentor Anne Marshall Neuro Educator | Running on Caffeine, Courage, and Conscious Discipline: How to Build a Multi-Level System of Support for New Teachers for Retention! Discover how to support and retain teachers with a multi-tiered system that prioritizes care-driven touch points and Conscious Discipline. Learn to leverage existing structures, personnel, and resources while using data to strengthen support. This session provides proven strategies for sustaining educator engagement, ensuring long-term success in your district. | Admin: Elementary Admin: Secondary |
| Dana Blanchard 5th Grade Educator, Conscious Discipline Endorsed Facilitator | Safety in Substitute Plans Ensure scholars feel secure and engaged during your absence by creating a structured, supportive environment. This session explores strategies for making planned absences feel safe and productive. Learn how to transform substitute plans into a confidence-building agenda, helping scholars navigate change while maintaining stability and connection in the classroom. | Elementary Secondary Admin: Elementary Admin: Secondary |

SESSION E • SATURDAY, OCTOBER 25 • 9:35 – 10:50 AM

| PRESENTER | DESCRIPTION | AUDIENCE |
|--|--|--|
| Tami McMahan Conscious Discipline Certified Instructor, Director of English Language Learners | See the Good, Shape the Future: Harnessing the Power of Noticing What we focus on grows. The Skill of Noticing shapes behavior, strengthens relationships, and enhances learning. This session explores how noticing fosters emotional regulation, builds intrinsic motivation, and drives academic success. Learn to shift from judgment to observation, reinforce positive behavior, and create a school culture where everyone feels seen and empowered. | Elementary Secondary Admin: Elementary Admin: Secondary |
| Dr. Amber Block Assistant Principal | Supporting Anger and Rage in Early Childhood and Elementary Students: Strategies for Administrators and Behavioral Support Staff Anger in young students often stems from unmet needs and undeveloped self-regulation. This session equips educators with strategies for fostering emotional safety, using data for individualized support, and applying co-regulation techniques. Learn to collaborate with families, prevent suspensions, and create a nurturing environment where every child can thrive academically and socially. | ECE: Birth–5 Years Elementary Admin: ECE Admin: Elementary |
| Dr. Valerie Parker Conscious Discipline Certified Instructor | Tools for Building Sustainable Conscious Discipline Habits Transform Professional Development into lasting change with Conscious Discipline. This session explores research-backed methods to integrate attainable, enduring practices. Uncover the power of "habits of mind" to shift mindset and behavior, ensuring long-term success. Leave equipped with strategies to sustain growth, break old patterns, and make meaningful, lasting improvements. | ECE: Birth–5 Years Elementary Secondary Admin: ECE Admin: Elementary Admin: Secondary |
| Julie McEathron, EC Instructional Coach | Transform Transitions: Weaving Academics and Emotional Regulation for Student Success Classroom transitions can be stressful, but they're opportunities for growth. This session explores the Conscious Discipline Brain State Model to create predictable, low-stress routines. Learn practical strategies to integrate emotional regulation, build relationships, and foster cooperation, ensuring students arrive at each activity calm, focused, and ready to succeed academically and socially. | ECE / PreK Lower Elementary |