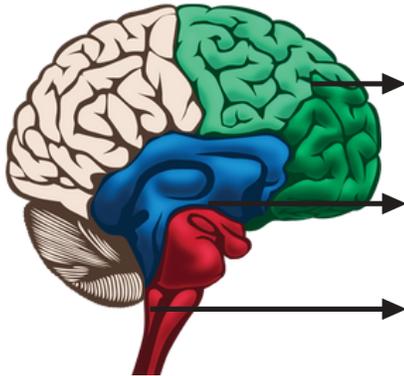


What is Conscious Discipline?

Conscious Discipline is a brain-based, evidence-based approach to self-regulation, wellness and classroom management. It guides adults in living, modeling and teaching the skills they want to instill in children. Everyday conflicts and challenges become the curriculum by which adults teach lifelong skills like self-regulation, assertiveness and empathy so every child can reach their fullest potential.

Conscious Discipline is based on brain research and developmentally appropriate practices. All aspects of Conscious Discipline focus on creating a safe environment for children to learn and practice the skills needed for healthy social, emotional and academic development.

Conscious Discipline Brain State Model



Executive State

Prefrontal Lobes
What can I learn?

Emotional State

Limbic System
Am I loved?

Survival State

Brain Stem
Am I safe?

Conscious Discipline Core

Seven Powers – Insights that create a shift in adult mindsets and creates shared values

Seven Skills – Skills to solve problems, manage upset, build and maintain relationships, and set and achieve goals despite obstacles

Structures – Steadfast reminders and learning centers that reinforce the powers and skills

School Family™ – Cooperative, compassionate environment that encourages belonging and empowers all members to reach their fullest potential

Conscious Discipline helps adults and children become aware of their inner states, their actions and the consequences of their choices. Adults learn to change their relationship with conflict, self-regulate during difficult encounters and recognize children’s brain states in order to better meet their needs. This upgraded skillset empowers them to create a cooperative, compassionate School Family™ and use everyday classroom challenges as teaching moments.

Our clients report:



45% fewer discipline referrals



30% increase in healthy regulation skills for both staff and students



20-50% increase in academic achievement



100% increase in staff collegiality and positive school climate

Conscious Discipline provides information and inspiration that transforms traditional schools into compassionate School Families, fatigued staff members into impassioned educators, troubled children into caring class members, and all students into eager learners.

For more information contact Transformation@ConsciousDiscipline.com



Powers

Give us the mindset that yields the intention required to access the Skills necessary to build or repair healthy relationships.

Skills

Equip us with the tools to solve problems, manage upset, create or repair healthy relationships and set and achieve goals despite all obstacles.

Structures

Provide constant reminders to stay on track with our values and allow us ways to practice these values everyday to support the development of healthy relationships.

Powers	Skills	Routines, Structures and Rituals
Perception	Composure	Brain Smart Start, Safe Place, Safekeeper
Attention	Assertiveness	Visual Routines, Class-Made Books
Unity	Encouragement	Connecting Rituals, Kindness Tree, Jobs
Free Will	Choices	Visual Rules
Acceptance	Empathy	We Care Center
Love	Positive Intent	Wish Well, Celebration, School Family Assemblies
Intention	Consequences	Class Meetings, Time Machine
<i>Regulates You</i>	<i>Regulates Child</i>	<i>Supports the Practice</i>

Conscious Discipline's program creates community-wide common language and values that translate to actionable skills and practices.

Conscious Discipline helps adults approach challenges first through a mindset shift (Powers) that builds essential new Skills, develops a School Family through consistent Routines, Structures, and Rituals, and equips them to model and teach these same skills to children.

Many approaches jump straight to fixing student behavior and overlook the adults. Conscious Discipline takes an adult-first approach, helping educators build the emotional regulation and mindset needed to create calm, connected classrooms where students can thrive. This approach aligns with research showing that mindset plays a crucial role in effective behavior management (Gage et al., 2018).



Conscious Discipline Develops Conscious Leaders

One of the best parts of educational leadership is instilling leadership qualities in the next generation. The adult-first model of Conscious Discipline helps teachers, leaders, and administrators learn to co-regulate for each other. This creates a sense of safety and belonging, thus, modeling an effective mindset and culture shift for the children in their care. Conscious Discipline's Seven Skills and Powers ensures children will evolve into the powerful leaders we know they can be, and who we desperately need. Leave a lasting legacy of transformational change with Conscious Discipline.



Conscious Leadership is the practice behind transformational leadership of a school site, district or organization.

This program aims to develop leadership skills built upon supporting new leaders and established school/site/system leaders with the implementation of Conscious Discipline practices in their organizations.



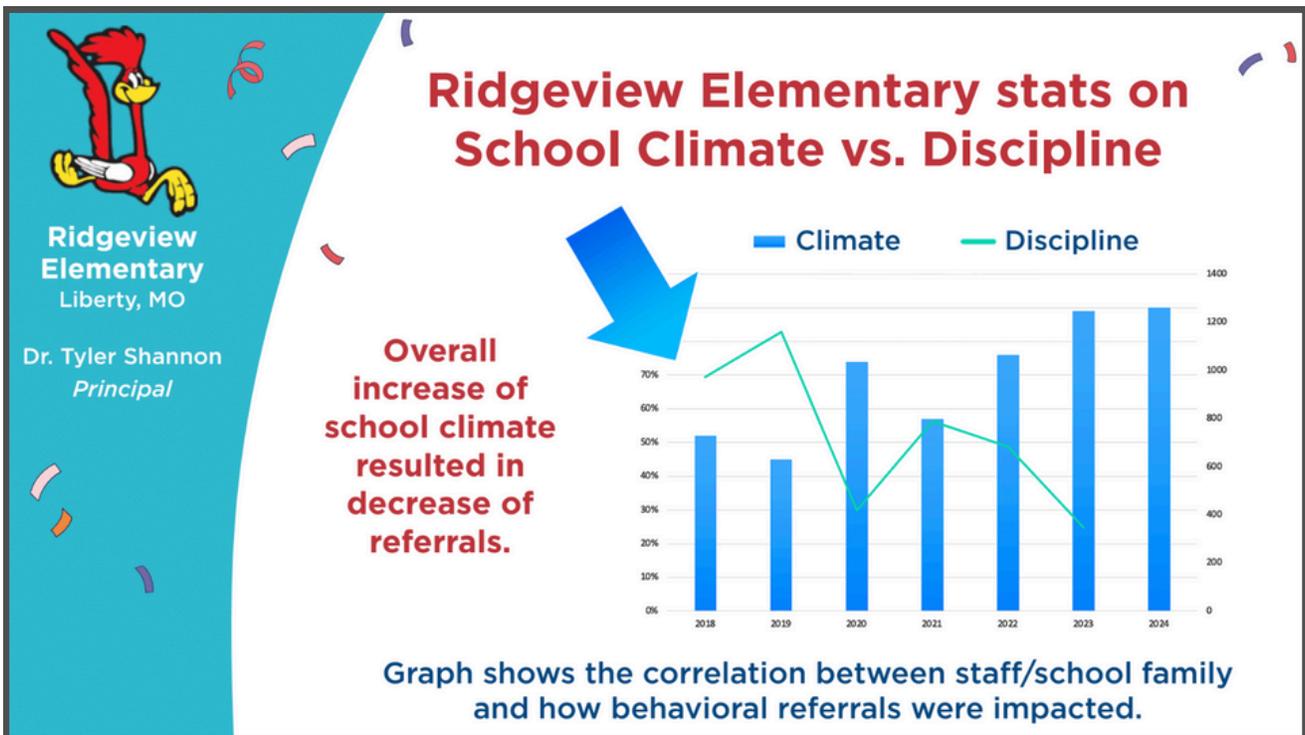
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Learn
More



Conscious Discipline Improves Climate and Culture

Climate and culture set the stage for the kind of learning that will take place - among adults and children alike. Establishing a climate and culture rooted in safety and belonging is statistically proven to improve student achievement, increase teacher retention and improve overall wellbeing. It's not an easy task, but there is hope with a direction and a plan. Conscious Discipline offers both.



Visit: [ConsciousDiscipline.com/Training](https://www.consciousdiscipline.com/training)


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