

In-Person Training Options

Introduction/Safety

<p>Introduction to Conscious Discipline (One or two-day training)</p>	<p>This one- or two-day training introduces participants to the foundational principles and practices of Conscious Discipline, a research-based approach to social-emotional learning, self-regulation, and classroom management. Participants will explore how Conscious Discipline integrates the Seven Powers for Conscious Adults and the Seven Skills of Discipline to create safe, connected, and cooperative environments for children and adults.</p> <ol style="list-style-type: none"> 1. Learners will gain an understanding of the core principles and framework of Conscious Discipline. 2. Learners will explore the Brain State Model and its application to behavior, emotions, and learning. 3. Learners will practice using the Seven Powers for Conscious Adults to regulate their own emotions and shift perceptions. 4. Learners will identify how the Seven Skills of Discipline can be applied to teach self-regulation, connection, and problem-solving.
<p>Building Safety through Composure and Assertiveness (One or two-day training)</p>	<p>This interactive training unites teachers and administrators in building on the Powers, Skills, and Structures of Conscious Discipline, specifically around safety. Building the school family with an emphasis on the Power of Attention, focusing on what you want. This training explores how to use the Skills of Composure and Assertiveness supported by the Powers of Perception and Attention to establish safety as the foundation for learning and connection.</p> <p>This training explores the combined tools for establishing and maintaining safety. These tools help to optimally regulate the Survival State and include, Noticing, Adult Assertiveness, Composure, Routines with pictures, Safe Place and Safekeeper. Participants will learn practical strategies for creating emotionally and physically safe environments that foster trust and security.</p> <ol style="list-style-type: none"> 1. Learners will explore the Power of Perception and Skill of Composure 2. Learners will explore the Power of Attention and the Skill of Assertiveness 3. Learners will identify rituals, strategies and structures that promote a felt sense of safety. 4. Learners will practice safety-based techniques that support adult self-regulation.
<p>Deep Dive into Perception and Composure</p>	<p>This workshop explores the Conscious Discipline Power of Perception and the Skill of Composure, providing participants with tools to shift their mindset and model emotional regulation.</p>

(One-day training)	<p>Participants will learn how perception shapes their interactions and how composure can transform challenging situations into opportunities for connection and growth.</p> <ol style="list-style-type: none"> 1. Learners articulate body sensations for various emotions 2. Learners understand the 5 steps for self-regulation. 3. Learners practice responding to children’s upset to build connection and teach missing skills. 4. Learners become aware of the Safekeeper Ritual and Safe Place structure in their classrooms.
<p>Deep Dive into Attention and Assertiveness (One-day training)</p>	<p>This workshop focuses on the Conscious Discipline Power of Attention and the Skill of Assertiveness, helping participants develop clear, effective communication strategies while fostering focus and intentionality in their environments. Participants will learn to shift attention to what they want to grow and practice assertiveness to set respectful boundaries.</p> <ol style="list-style-type: none"> 1. Learners will explore the Power of Attention and its role in shaping behavior and relationships. 2. Learners will practice the Skill of Assertiveness to communicate boundaries clearly and respectfully. 3. Learners will identify strategies to intentionally direct attention toward positive outcomes.
<p>Maximizing Every Moment: Using Transitions and Routines to Build Regulation (One-day training)</p>	<p>This training helps educators see everyday transitions and routines as rich opportunities for teaching regulation, connection, and cooperation. Participants will walk away with practical strategies to reduce chaos and increase predictability, engagement, and emotional safety throughout the day.</p> <ol style="list-style-type: none"> 1. Identify key moments in the day that can support regulation and connection. 2. Use visual schedules, songs, and rituals to guide smooth transitions. 3. Teach routines in developmentally appropriate, brain-aligned ways. 4. Use transitions to model and practice self-regulation.
<p>Creating Brain Smart Early Learning Classrooms (One-day training)</p>	<p>This full-day training provides educators with the tools to create classrooms that are physically and emotionally safe, brain-aligned, and rooted in the Conscious Discipline Brain State Model. Participants will explore the relationship between brain development and behavior and learn how to implement structures and strategies that build safety, connection, and self-regulation for every student.</p> <ol style="list-style-type: none"> 1. Understand the Brain State Model and how it impacts student behavior. 2. Create classroom environments that promote regulation and learning. 3. Implement rituals and routines that build safety and trust. 4. Identify and practice brain-aligned responses to behavior.

Connection

Introduction to the School Family (One or two-day training)	<p>This training introduces the School Family model, emphasizing how to transform classrooms into supportive communities using Conscious Discipline principles. Participants will learn strategies to foster connection, belonging, and cooperative learning.</p> <ol style="list-style-type: none">1. Learners will explore the foundational components of the School Family.2. Learners will implement strategies to build connection and trust in their classrooms.3. Learners will create rituals and routines that promote cooperation and emotional safety.
Building Connection through Encouragement and Choices (One or two-day training)	<p>Connection grows when adults intentionally build agency, safety, and belonging through their daily interactions. This full-day onsite experience immerses participants in two of Conscious Discipline’s most powerful relationship-building practices: encouragement and choices. Together, these skills shift adult language away from control, compliance, and praise, and toward intrinsic motivation, responsibility, and connection.</p> <p>Participants explore how encouragement builds capacity rather than dependence, and how offering meaningful choices supports self-regulation, problem-solving, and cooperation. Through modeling, reflection, practice, and real-world application, educators and leaders learn how their words, tone, and structure shape behavior, culture, and relationships across classrooms and school communities.</p> <p>This interactive day supports adults in aligning what they say and do with the kind of connected, resilient learners and teams they want to cultivate.</p> <ol style="list-style-type: none">1. Distinguish between encouragement and praise and explain the impact of each on motivation and behavior2. Use encouragement language that builds competence, ownership, and resilience3. Design and offer choices that increase cooperation while maintaining adult leadership4. Recognize how adult brain state influences the effectiveness of encouragement and choices5. Apply encouragement and choices during both calm moments and challenging interactions6. Reflect on personal language habits and intentionally shift toward connection-building communication
Deep Dive into Unity and Encouragement (One-day training)	<p>This workshop delves into the Conscious Discipline Power of Unity and the Skill of Encouragement, guiding participants in fostering cooperation and connection. Participants will learn how unity builds a sense of belonging and how encouragement inspires resilience and intrinsic motivation in children and adults.</p> <ol style="list-style-type: none">1. Learners will explore the Power of Unity as a foundation for building connection and community.2. Learners will practice the Skill of Encouragement to promote intrinsic motivation and resilience.3. Learners will implement strategies to create environments that emphasize belonging and collaboration.

<p>Deep Dive into Free Will and Choices (One-day training)</p>	<p>This workshop provides an in-depth look at the Conscious Discipline Power of Free Will and the Skill of Choices, empowering participants to guide children and adults in making responsible, thoughtful decisions. Participants will learn to honor individuality while teaching accountability and independence through choice-making.</p> <ol style="list-style-type: none"> 1. Learners will explore the Power of Free Will and its impact on personal responsibility and self-control. 2. Learners will practice the Skill of Choices to teach accountability and promote independence. 3. Learners will implement strategies to provide structured, meaningful choices that empower children and adults.
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Problem Solving

<p>Building Problem Solving Skills through Empathy, Intent, and Consequences (One or two-day training)</p>	<p>This training equips participants with Conscious Discipline Powers and Skills that teach children how to solve problems effectively. Through reflective practices, participants will learn how to guide children in conflict resolution and empower them to make responsible choices.</p> <ol style="list-style-type: none"> 1. Learners will explore the Power of Free Will and the Skill of Assertiveness to address challenges constructively. 2. Learners will practice problem-solving frameworks that teach children accountability and cooperation. 3. Learners will create environments where problem-solving becomes a natural part of the culture.
<p>Deep Dive into Love and Positive Intent (One-day training)</p>	<p>This customized training provides an in-depth exploration of a selected Conscious Discipline Power and Skill. Participants will learn how to effectively implement this Power and Skill to support social-emotional learning and connection in their unique environments.</p> <ol style="list-style-type: none"> 1. Learners will explore one of the Seven Powers and Skills as tools for transformation. 2. Learners will identify scenarios where this power and skill can support their work.
<p>Deep Dive into Intent and Consequences (One-day training)</p>	<p>This intensive onsite session explores the Conscious Discipline concepts of intent and consequences as central elements of effective discipline and emotional intelligence. Participants will unpack the role of intention, both in adult responses and student behavior, and examine how to use natural, logical, and reflective consequences to teach rather than punish. The session supports educators in shifting from traditional discipline methods to a brain-aligned approach that fosters accountability, empathy, and long-term behavior change.</p> <ol style="list-style-type: none"> 1. Explain the role of intent in both adult response and student behavior. 2. Distinguish between punishment and consequences. 3. Use natural, logical, and reflective consequences to teach responsibility. 4. Reflect on personal triggers and unconscious motivations when disciplining. 5. Apply CD-aligned language that promotes self-awareness and accountability.

<p>Deep Dive into Executive Function Skills (One-day training)</p>	<p>This workshop provides an in-depth exploration of executive function skills and their critical role in self-regulation, problem-solving, and goal-directed behavior. Participants will learn how Conscious Discipline principles and practices support the development of these skills in children and adults, creating environments that foster focus, adaptability, and independence.</p> <ol style="list-style-type: none"> 1. Learners will understand the role of executive function skills in behavior, learning, and social-emotional development. 2. Learners will explore how Conscious Discipline supports the development of executive function skills in children and adults. 3. Learners will practice strategies to create environments and routines that strengthen executive function skills.
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Behavior Specific

<p>Bully Prevention and Intervention (One-day training)</p>	<p>This training focuses on understanding the root causes of bullying and aggression and how to respond in ways that heal rather than harm. Participants will learn how to create safe, connected environments where power is used with (not over) students, and where all children learn to communicate their needs through healthy, regulated behavior.</p> <ol style="list-style-type: none"> 1. Identify the root causes and brain states behind bullying behavior. 2. Use connection-based strategies to reduce aggression and increase empathy. 3. Create a culture where all students feel seen, valued, and safe. 4. Implement interventions that teach missing skills instead of using shame or control.
<p>Deescalating Classroom Behaviors (One-day training)</p>	<p>This session provides brain-based strategies for recognizing, responding to, and de-escalating intense student behavior in the moment. Educators will learn to stay regulated while guiding children from chaos to calm, using Conscious Discipline tools rooted in connection and emotional safety.</p> <ol style="list-style-type: none"> 1. Recognize signs of escalation and identify students' brain states. 2. Apply de-escalation strategies that prioritize safety and co-regulation. 3. Practice adult self-regulation techniques during behavioral crises. 4. Use language and tone that de-escalate rather than intensify upset.
<p>Defiance or Distress (One-day training)</p>	<p>This training helps educators rethink defiance as a sign of distress or unmet needs, not intentional disrespect. Participants will learn how to respond to opposition with assertive, compassionate communication that teaches boundaries while preserving relationships.</p> <ol style="list-style-type: none"> 1. Identify the difference between defiance and stress-based behavior. 2. Use assertive language and connection to redirect without power struggles. 3. Teach self-regulation and responsibility through daily interactions. 4. Respond to "no" with clarity, calm, and skill-building.

<p>Beyond Behavior Charts: Tier 1 Strategies that Actually Work (One-day training)</p>	<p>This session explores how to move away from extrinsic behavior management systems like color charts and token boards. Instead, participants will learn proactive, brain-aligned Tier 1 strategies that build regulation, connection, and intrinsic motivation.</p> <ol style="list-style-type: none"> 1. Identify why traditional behavior charts may harm long-term regulation. 2. Implement Tier 1 strategies that promote intrinsic motivation. 3. Design classroom routines and structures that reduce misbehavior. 4. Use visuals, rituals, and positive intent to teach behavioral expectations.
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Product/Structure Specific

<p>Deep Dive into Feeling Buddies (One-day training)</p>	<p>This training focuses on the Feeling Buddies product suite, guiding participants in using these tools to teach emotional awareness and self-regulation. Participants will explore hands-on strategies to integrate Feeling Buddies into their routines and create emotionally safe spaces.</p> <p>4% of children are missing the most important skill for lifelong success: self-regulation. With the Feeling Buddies, you'll teach children a five-step self-regulation process that helps them recognize their triggers, label their feelings and accept and manage emotions.</p> <ol style="list-style-type: none"> 1. Learners will understand how Feeling Buddies build emotional literacy and regulation. 2. Learners will explore step-by-step guides for implementing Feeling Buddies in classrooms or homes. 3. Learners will practice using Feeling Buddies to address specific emotional challenges.
<p>Deep Dive into Baby Doll Circle Time (One-day training)</p>	<p>This training provides a deep dive into Baby Doll Circle Time, demonstrating how this practice strengthens attachment, attunement and social play empathy, and social-emotional learning with young children. Although optimal child development is dependent on healthy relationships, it can be a challenge in childcare environments to find the time to foster meaningful relationships with every child in your care. Baby Doll Circle Time offers a revolutionary approach without adding more to staff responsibilities. Participants will learn to implement the practice to nurture safety and connection.</p> <ol style="list-style-type: none"> 1. Learners will explore the role of attachment in building emotional regulation and social skills to become the Safe Place for the child. 2. Learners will practice using Baby Doll Circle Time to foster empathy and trust. 3. Learners will develop routines to integrate Baby Doll Circle Time into daily schedules.
<p>Deep Dive into Six Weeks of Success (One-day training)</p>	<p>This one-day Deep Dive Coaching Session removes the guesswork from implementing Conscious Discipline in preschool, Head Start, and the early elementary years. Through guided instruction, reflection, and practical application, participants will gain clear, actionable strategies to create a positive school climate, reduce behavioral challenges, and support optimal growth for every child in their care.</p>

	<p>Centered around a structured 6-week implementation framework, this immersive session provides a practical roadmap for sustainable change. Participants will engage with supporting tools, charts, implementation tips, summaries, and reproducible templates designed to strengthen individual educator practice while aligning implementation across classrooms and teams.</p> <ol style="list-style-type: none"> 1. Recognize how the early weeks set the foundation for a safe, connected, and cooperative classroom environment. 2. Identify the role of consistency, structure, and intentionality in creating a welcoming and supportive classroom culture. 3. Learn effective routines and procedures that promote safety, engagement, and independence in children. 4. Use Conscious Discipline strategies to establish clear expectations and predictable routines for students. 5. Use connection-based techniques to build relationships with each student, ensuring they feel seen, valued, and supported. 6. Encourage mutual respect and cooperation through bonding activities and meaningful interactions. <p>Introduce and Reinforce Emotional Regulation Skills</p> <ol style="list-style-type: none"> 7. Implement calming and coping strategies, creating a supportive environment where students feel empowered to manage their emotions. 8. Establish a Framework for Ongoing Classroom Management and Social-Emotional Learning.
<p>Deep Dive into the Parent Education Curriculum (One-day training)</p>	<p>Conscious Discipline is not just for teachers. Learn how to increase connection, self-regulation and positive behavior management in your home, resulting in a happier and healthier home environment. For childcare centers, our Parenting Education Curriculum strengthens the school-home connection by enabling you to share Conscious Discipline skills with parents.</p>
<p>Deep Dive into Safe Place (One-day training)</p>	<p>This training focuses on creating and using a Safe Place to teach self-regulation and provide children with a space to process emotions. Participants will learn how to design, introduce, and effectively use Safe Places in their environment.</p> <ol style="list-style-type: none"> 1. Learners will explore the purpose and benefits of the Safe Place. 2. Learners will identify key tools and techniques for using the Safe Place. 3. Learners will practice guiding children in using the Safe Place for emotional regulation.

Leadership

<p>Introduction to Conscious Leadership (One or two-day training)</p>	<p>This training introduces the principles of Conscious Leadership for educators seeking to create emotionally intelligent, connected, and resilient organizations. Participants will learn how to lead with empathy, composure, and intentionality to inspire trust and collaboration.</p>
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	<ol style="list-style-type: none"> 1. Learners will explore the Power of Intention to create a vision for Conscious Leadership. 2. Learners will identify leadership strategies that foster emotional safety and trust. 3. Learners will develop skills to model composure and guide teams with connection and clarity.
<p>Conscious Leadership: Modeled Self-Regulation (One-day training)</p>	<p>Leadership sets the emotional tone of a school or organization. This full-day experience centers on the understanding that self-regulation is a leadership skill, not a personal trait. Participants explore how their own brain state, stress responses, and emotional habits directly impact decision-making, staff morale, and school culture.</p> <p>Through an adult-first, brain-based lens, leaders examine how modeling regulation, especially under pressure, builds trust, psychological safety, and collective efficacy. This session moves beyond theory to practical leadership behaviors, language, and structures that support calm, clarity, and connection during both everyday interactions and high-stakes moments.</p> <ol style="list-style-type: none"> 1. Understand how a leader’s brain state influences staff behavior, culture, and outcomes 2. Identify personal stress patterns and triggers that affect leadership effectiveness 3. Apply self-regulation strategies during challenging conversations and decisions 4. Model regulation in ways that build trust and psychological safety 5. Use brain-based language to de-escalate conflict and support adult problem-solving 6. Recognize self-regulation as foundational to sustainable leadership and change
<p>Conscious Leadership: Cultivating School Family (One-day training)</p>	<p>Strong schools are built on strong relationships. This one-day leadership experience focuses on how leaders intentionally cultivate School Family, a culture of belonging, shared responsibility, and mutual respect among adults and students alike.</p> <p>Participants explore how leadership actions, systems, and communication patterns either foster connection or unintentionally create division. Leaders learn how to shift from managing individuals to nurturing collective identity, where staff feel seen, valued, and accountable to one another. The day emphasizes practical structures and leadership behaviors that move school culture from compliance to commitment.</p> <ol style="list-style-type: none"> 1. Define School Family as a leadership responsibility, not a program 2. Identify leadership behaviors that strengthen or erode belonging and trust 3. Apply structures and rituals that foster connection among staff 4. Shift from individual accountability to collective responsibility 5. Align leadership decisions with a culture of connection and belonging
<p>Conscious Leadership: Sustaining Conscious Discipline (One-day training)</p>	<p>Initial implementation is only the beginning; sustainability requires intentional leadership. This full-day session supports leaders in moving Conscious Discipline from a set of strategies to an embedded way of being across classrooms, teams, and systems.</p> <p>Participants examine the leadership conditions necessary for long-term success, including alignment, consistency, modeling, and accountability with empathy. Leaders learn how to support</p>

	<p>staff through implementation fatigue, turnover, and competing initiatives, while maintaining fidelity to the core principles of Conscious Discipline. The focus is on building systems that endure beyond individual champions.</p> <ol style="list-style-type: none"> 1. Identify common barriers to sustaining Conscious Discipline over time 2. Understand the leader’s role in maintaining consistency and alignment 3. Apply strategies that support staff through change and implementation fatigue 4. Use data, reflection, and feedback to guide continuous improvement 5. Align policies, practices, and systems with Conscious Discipline principles 6. Lead sustainability through modeling, coaching, and shared accountability
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Virtual Training Offerings

Introduction/Safety

<p>What is Conscious Discipline? (2-hour, virtual training)</p>	<p>This introductory session offers a high-level overview of Conscious Discipline as a trauma-informed, brain-based approach to social and emotional learning, behavior management, and classroom culture. Ideal for those new to Conscious Discipline, this session introduces the foundational concepts that guide the approach and shows how it supports both adults and children in creating safe, connected environments for learning.</p>
<p>Becoming a Brain State Detective (2-hour, virtual training)</p>	<p>Behavior is a communication of brain state. This session helps participants become “Brain State Detectives,” learning to identify whether behavior is rooted in survival, emotional, or executive functioning. By recognizing brain states, adults can respond with strategies that meet the true need beneath the behavior.</p>
<p>Building Composure: Building the Skill of Self-Regulation (2-hour, virtual training)</p>	<p>Explore how Conscious Discipline aligns with mental health practices to support the emotional well-being of children and adults. This session highlights how CD strategies build resilience, reduce trauma responses, and create environments that support healing and regulation.</p>
<p>Building Safety Through Predictability and Rituals (2-hour, virtual training)</p>	<p>Safety is the foundation for learning, behavior, and connection. This session explores how predictable structures and meaningful rituals reduce stress, build trust, and create emotionally safe environments for both adults and children. Participants examine how adult choices (tone, consistency, and follow-through) shape a culture where everyone knows what to expect and feels secure enough to learn and grow.</p>
<p>Morning Arrival and Dismissal: Setting the Tone for Safety & Connection (2-hour, virtual training)</p>	<p>The beginning and end of the day set the emotional tone for everything in between. This session focuses on how adult presence, rituals, and language during arrival and dismissal foster safety, connection, and readiness to learn.</p>

Your First Six Weeks of Safety and Connection in Head Start (2-hour, virtual training)	This workshop helps Head Start educators design their first six weeks of school using Conscious Discipline. Participants will explore strategies for creating emotionally safe environments, building trust, and establishing connection-driven routines that set the tone for a successful year.
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Connection

The School Family: Adult Actions that Create Belonging (2-hour, virtual training)	Belonging doesn't happen by accident: it's intentionally created through adult actions. This session focuses on how educators and leaders cultivate a School Family by modeling connection, inclusion, and shared responsibility. Participants explore how everyday interactions shape identity, trust, and collective ownership within classrooms and staff communities.
Job and Choice Boards that Develop Social and Emotional Skills (2-hour, virtual training)	This workshop introduces Conscious Discipline strategies for using job and choice boards to develop responsibility, autonomy, and emotional skills. Participants will learn how to integrate these tools into daily routines to promote teamwork, decision-making, and cooperation.
What Are I Love You Rituals? (2-hour, virtual training)	Explore the power of I Love You Rituals™ to build connection and strengthen relationships. Learn how to introduce them in your classroom or home to promote secure attachment and regulation.
Building Culture: From Compliance to Connection (2-hour, virtual training)	This expanded session offers deeper insight into how Conscious Discipline complements trauma-informed care and social-emotional learning. Participants will explore implementation strategies that support students with mental health needs and reduce adult stress and compassion fatigue.

Adult Mindset Shift

From Reactive to Reflective: Transforming Discipline Encounters (2-hour, virtual training)	Stressful moments often trigger automatic reactions that undermine connection and learning. This session supports adults in recognizing their own triggers and shifting from reactive responses to reflective, intentional action. Participants learn how adult regulation directly impacts outcomes during challenging discipline encounters.
Seeing Discipline as an Opportunity for Growth (2-hour, virtual training)	Discipline is not something done to children: it's something done with them. This session reframes discipline as a teachable moment that builds skills rather than compliance. Participants learn how adult responses to misbehavior either escalate or support growth, and how to shift from control-based practices to skill-building interactions.

Mental Health

CD with a Mental Health Lens (2-hour, virtual training)	This session explores how Conscious Discipline supports mental health by prioritizing regulation, safety, and connection. Participants learn how adult self-regulation and relational practices buffer stress, reduce burnout, and support emotional well-being for both children and adults.
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Families and Family Service Staff

<p>Introduction to Conscious Discipline (2-hour, virtual training)</p>	<p>This introductory session offers a high-level overview of Conscious Discipline as a trauma-informed, brain-based approach to social and emotional learning, behavior management, and classroom culture. Ideal for those new to Conscious Discipline, this session introduces the foundational concepts that guide the approach and shows how it supports both adults and children in creating safe, connected environments for learning.</p>
<p>Supporting Parents with Child Emotion and Behavior in Head Start (2-hour, virtual training)</p>	<p>This session helps Head Start educators empower parents with Conscious Discipline tools to address children’s emotional and behavioral challenges. Participants will learn techniques to guide parents in creating emotionally safe home environments and aligning behavior strategies with those used in the classroom.</p>
<p>Responding to Mayhem Tantrums from Toddlers (2-hour, virtual training)</p>	<p>This workshop explores Conscious Discipline strategies to address toddler tantrums and meltdowns. Participants will learn to identify triggers, implement calming techniques, and create routines that foster emotional regulation and cooperation.</p>
<p>Routines Around the Home that use Conscious Discipline (2-hour, virtual training)</p>	<p>Daily routines are powerful moments to build safety, connection, and skills at home. This session helps families and educators supporting families apply Conscious Discipline to everyday tasks like mealtime, bedtime, and transitions.</p>
<p>Managing Physical Aggression (Hitting, Kicking, Throwing) (2-hour, virtual training)</p>	<p>When children seek attention through disruption, redirection alone isn’t enough. This session helps educators recognize the need behind the behavior and use Conscious Discipline strategies to build connection, belonging, and appropriate ways to be seen.</p>
<p>Connection with Caregivers (2-hour, virtual training)</p>	<p>Strong partnerships with caregivers deepen impact and consistency for children. This session explores how adult mindset, language, and regulation shape relationships with families, especially during challenging conversations.</p>
<p>Deep Dive Into the Parent Education Curriculum (2-hour, virtual training)</p>	<p>Conscious Discipline is not just for teachers. Learn how to increase connection, self-regulation and positive behavior management in your home, resulting in a happier and healthier home environment. For childcare centers, our Parenting Education Curriculum strengthens the school-home connection by enabling you to share Conscious Discipline skills with parents.</p>

Product/Structure Specific

<p>Deep Dive into Six Weeks of Success (2-hour, virtual training)</p>	<p>This focused two-hour virtual session introduces a clear and practical approach to implementing Conscious Discipline in preschool, Head Start, and the early elementary years. Participants will learn actionable steps to foster a positive school climate, decrease behavioral challenges, and support children’s optimal growth.</p> <p>Grounded in a structured 6-week implementation roadmap, this session highlights key strategies, tools, and templates that simplify the process and support consistent application. Educators will leave with practical next</p>
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	steps they can immediately apply in their classrooms to strengthen both individual practice and collective implementation.
The Set Up: The Safe Place (2-hour, virtual training)	Learn how to set up, introduce, and maintain a Safe Place that invites students to calm themselves and return to learning. This session covers materials, visuals, modeling, and classroom integration.
The Set Up: The Time Machine (2-hour, virtual training)	This session helps educators create and use the Time Machine structure to guide students through conflict resolution. Participants will explore modeling, coaching language, and routines for regular use.
The Set Up: The Active Calming Center (2-hour, virtual training)	The Active Calming Center is more than a physical space: it's a powerful teaching tool that helps children (and adults) build lifelong self-regulation skills. This session focuses on the intentional set up of the Active Calming Center and the adult mindset required to use it effectively. Participants explore how thoughtful design, clear teaching, and regulated adult presence transform the center from a "time-out space" into a proactive, skill-building resource for emotional regulation.
The Set Up: The Feeling Buddies (2-hour, virtual training)	Learn how to implement the Feeling Buddies Self-Regulation Toolkit (physical or digital) with fidelity. This session covers setup, modeling, the five-step process, and how to integrate it into your classroom flow.
The Set Up: Baby Doll Circle Time (2-hour, virtual training)	Baby Doll Circle Time is one of the most visible and powerful ways to build connection, belonging, and emotional safety in early childhood settings, but its success depends first on the adult. This session focuses on the adult-first approach to introducing and implementing Baby Doll Circle Time as a proactive structure that strengthens attachment and attunement between adults and children, fostering a sense of community. Participants will explore how their own presence, tone, and consistency shape the experience, and how intentional planning helps this structure become a valued ritual instead of a one-time activity.
The Set Up: The Kindness Tree (2-hour, virtual training)	Teach kindness and prosocial behavior with the Kindness Tree. This session shows you how to set up, introduce, and sustain a ritual that helps students notice and celebrate helpful acts.
What Are I Love You Rituals? (2-hour, virtual training)	Explore the power of I Love You Rituals™ to build connection and strengthen relationships. Learn how to introduce them in your classroom or home to promote secure attachment and regulation.
The Set Up: Family and Friends Board (2-hour, virtual training)	The Family and Friends Board promote connection, belonging, and safety. Learn how to introduce this powerful visual structure, create routines for its use, and adapt it for different settings.

Behavior Specific

Responding to Mayhem Tantrums from Toddlers (2-hour, virtual training)	This workshop explores Conscious Discipline strategies to address toddler tantrums and meltdowns. Participants will learn to identify triggers, implement calming techniques, and create routines that foster emotional regulation and cooperation.
Managing Physical Aggression (Hitting, Kicking, Throwing) (2-hour, virtual training)	When children seek attention through disruption, redirection alone isn't enough. This session helps educators recognize the need behind the behavior and use Conscious Discipline strategies to build connection, belonging, and appropriate ways to be seen.

Playground and Recess: Extending Conscious Discipline Outdoors (2-hour, virtual training)	Unstructured time often reveals the greatest need for regulation and guidance. This session supports adults in applying Conscious Discipline principles during recess and outdoor play to promote safety, problem-solving, and connection, without controlling play.
Cafeteria and Common Spaces: Creating Order Through Connection (2-hour, virtual training)	Shared spaces can feel chaotic without intentional adult leadership. This session focuses on how connection, predictability, and modeling transform cafeterias and common areas into regulated, respectful environments.
Conscious Discipline in Transitions: Adult Presence Matters (2-hour, virtual training)	Transitions are often the most dysregulating parts of the day. This session explores how adult presence, tone, and preparation transform transitions from chaotic moments into opportunities for connection and regulation. Participants learn how small adult shifts lead to smoother, calmer transitions.

MTSS

Embedding Conscious Discipline into MTSS and Schoolwide Systems (2-hour, virtual training)	Conscious Discipline aligns seamlessly with Multi-Tiered Systems of Support when implemented as an adult-first framework. This session supports leaders and teams integrate Conscious Discipline practices into Tier 1, 2, and 3 systems to ensure consistency, equity, and sustainability.
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Leadership

Staff Meetings and Professional Learning: Modeling CD with Adults (2-hour, virtual training)	Adults learn best the same way children do through safety, connection, and respect. This session explores how leaders can model Conscious Discipline principles during staff meetings and professional learning to build trust, engagement, and shared ownership.
Substitute Teachers and Guest Staff: Maintaining Consistency (2-hour, virtual training)	Consistency builds safety, even when familiar adults are absent. This session supports teams in creating systems, tools, and adult practices that help substitute teachers and guest staff maintain regulation, routines, and connection.
Building Shared Commitments Among Staff (2-hour, virtual training)	Shared commitments move schools from individual practices to collective culture. This session supports teams in developing agreements rooted in safety, connection, and responsibility, ensuring consistency across classrooms and roles.
Encouragement over Praise in Leadership (2-hour, virtual training)	Praise focuses on outcomes; encouragement builds capacity. This session helps leaders shift their language and feedback practices to foster intrinsic motivation, resilience, and ownership among staff.
Leading Change with Empathy (2-hour, virtual training)	Change is inherently emotional. This session equips leaders with brain-based strategies to lead change through empathy, regulation, and connection, reducing resistance and increasing buy-in.
Conscious Leadership: Creating a Vision for Transformation (2-hour, virtual training)	This session helps school leaders clarify and communicate a shared vision for implementing Conscious Discipline. Participants will learn to engage staff, align systems, and create momentum for long-term cultural transformation.

Conscious Leadership: Self-Regulation for Leaders (2-hour, virtual training)	This session focuses on the critical role of leader regulation in shaping school culture, decision-making, and adult relationships. Participants will explore how to recognize stress signals, regulate their internal state, and model the behavior they want to see across the school.
Conscious Leadership: Seven Skills for Staff Challenges (2-hour, virtual training)	This session focuses on the critical role of leader regulation in shaping school culture, decision-making, and adult relationships. Participants will explore how to recognize stress signals, regulate their internal state, and model the behavior they want to see across the school.
Conscious Leadership: Strengthening School Family (2-hour, virtual training)	This session equips school leaders to intentionally build and maintain a connected, compassionate staff culture through the School Family model. Participants will explore rituals, routines, and systems that reinforce belonging, support, and shared purpose.
Conscious Leadership: Teacher Morale with Brain and Heart (2-hour, virtual training)	Teacher morale directly influences school climate, student outcomes, and retention. This workshop provides leaders with the tools to uplift teacher morale by leveraging both the brain (understanding neuroscience) and the heart (emotional connection). Participants will learn how to cultivate trust, appreciation, and a sense of belonging among staff while addressing stressors that impact motivation.
Conscious Leadership: Compassion Fatigue and Burnout (2-hour, virtual training)	This session supports leaders and staff in recognizing and addressing the signs of burnout and compassion fatigue. Using Conscious Discipline’s adult-first model, participants will explore strategies for self-care, reflection, and teamwide recovery.
Conscious Leadership: Leading Through Connection vs. Compliance (2-hour, virtual training)	This session challenges leaders to shift from traditional, compliance-based leadership to a connection-based model rooted in brain science and trust. Participants will explore how to lead with influence, not control.
Conscious Leadership: Leading Through Noticing vs. Judgement (2-hour, virtual training)	This session invites leaders to shift from judgment-based leadership to a noticing mindset that fosters awareness, growth, and connection. Participants will explore how to observe staff and students without assumptions, and lead with curiosity and clarity.
Conscious Leadership: Leading Through Inspiring vs. Managing (2-hour, virtual training)	This session empowers leaders to move beyond managing tasks and behaviors toward inspiring change through presence, purpose, and modeling. Participants will reflect on the difference between motivation and manipulation and learn how to inspire without controlling.

Power/Skill

What is (Power/Skill)? (2-hour, virtual training)	This workshop focuses on one specific Power and its corresponding Skill from Conscious Discipline’s core methodology. Participants will explore how this Power/Skill pair can transform adult responses to behavior and empower students with social and emotional tools for success.
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