



PHASE 1:
Adult-First Wellness & Implementation

		District	Admin	CDAT	Inspired Staff	All Staff	Other
District-Level Discovery & Stewardship	Introduction to Conscious Discipline: Free 1-hour kickoff	✓	✓				
	Co-create a personalized implementation plan	✓					
	Leading & Inspiring: Two 1-hour virtual trainings for principals	✓	✓				
	Identify first cohort of Conscious Discipline Inspired Schools (CDIS)	✓					
	Leadership Support PLC: 12 1-hour virtual sessions	✓					
	Continuous Improvement: Quarterly 1-hour virtual consultations	✓					
	Lunch & Learn: Two virtual 1-hour events	✓	✓				
Discovery with School Administration	Explore, assess & establish a school vision		✓				
	Complete pre & post assessments, rubrics, data collection		✓				
	Co-create a personalized implementation plan		✓				
	Identify Conscious Discipline Action Team (CDAT) from inspired staff		✓				
Instructor-Led Training	Ignite & Excite! Cultivating Wellness & the School Family: 2-day onsite event		✓	✓	✓	✓	
	Implementation Foundations & Infrastructure: Four 1-hour virtual consultations		✓	✓			
	<i>Handling Upset: The Adult-First Mindset Shift</i> : Facilitated eCourse		✓	✓			
	Going the Distance! The School Family: Midyear 1-day onsite training		✓	✓	✓	✓	✓
	Implementation Bootcamp: Three half-day onsite trainings		✓	✓	✓	✓	✓
	CDAT Strong! Three half-day onsite implementation meetings			✓			
Training Led by CDAT	Meets monthly			✓			
	Leads staff in <i>Handling Upset: The Adult-First Mindset Shift</i> eCourse		✓	✓	✓	✓	✓
	Supports administration in implementation shifts, practices & structures		✓	✓	✓	✓	✓
	Implements in their setting (classroom, counseling, etc.)			✓			
National Events	<i>Conscious Discipline for Administrators</i> 2-day	✓	✓				
	<i>Conscious Discipline Institute</i>			✓			
	Subject-specific 2-days			✓			
	<i>Elevate Conscious Discipline National Conference</i>		✓	✓	✓		
School-Wide Involvement	Complete pre & post assessments			✓	✓	✓	✓
	Attend school-wide events			✓	✓	✓	✓
	View <i>Handling Upset: The Adult-First Mindset Shift</i> eCourse			✓	✓	✓	✓
	Implementation support tool bundle			✓	✓	✓	✓



PHASE 2:
Implementation with Students

		District	Admin	CDAT	Inspired Staff	All Staff	Other
District-Level Discovery & Stewardship	Reflect & recommit to district vision	✓					
	Identify second cohort of Conscious Discipline Inspired Schools (CDIS) to begin their journey in Phase 1	✓					
	Conscious Discipline Overview: 2-hour virtual training for new CDIS Principals		✓				
	Leadership Support PLC: 12 1-hour virtual sessions	✓					
	CDIS Continuous Improvement: Quarterly 1-hour virtual consultations	✓	✓				
	District-Level Continuous Improvement: Quarterly 1-hour virtual consultations	✓					
	Lunch & Learn: Two virtual 1-hour events	✓	✓				
Discovery with School Administration	Reflect & recommit to school vision		✓				
	Complete pre & post assessments, rubrics, data collection		✓				
	Continuous improvement planning: Assess, reflect & adjust implementation		✓				
	Expand Conscious Discipline Action Team (CDAT)		✓				
Instructor-Led Training	Ignite & Excite: Self-Regulation 2-day onsite event		✓	✓	✓	✓	✓
	Launching Classroom Implementation: Quarterly 1-hour virtual consultation		✓				
	Supporting Classroom Implementation: Quarterly 1-hour virtual consultation			✓			
	<i>Conscious Discipline: Building Resilient Homes & Schools</i> facilitated eCourse		✓	✓			
	Building Your Community: Half-day onsite implementation for support staff			✓	✓		✓
	Building Your Community: Onsite Parent Night			✓	✓		✓
	Going the Distance! Classroom Implementation: Midyear 1-day event		✓	✓	✓	✓	✓
	CDAT Strong! Two coaching days to cultivate classroom implementation			✓			
	District-Wide Conscious Discipline Academy		✓	✓	✓	✓	✓
Training Led by CDAT	Meets monthly			✓			
	Leads <i>Conscious Discipline: Building Resilient Schools & Homes</i> eCourse		✓	✓	✓	✓	✓
	Evolves their practice in their classrooms			✓			
	Focuses on mentoring inspired staff to implement with students			✓		✓	
National Events	<i>Conscious Discipline for Administrators</i> 2-day	✓	✓				
	Subject-specific 2-days			✓	✓		
	<i>Elevate Conscious Discipline National Conference</i>		✓	✓	✓		
School-Wide Involvement	Complete pre & post assessments			✓	✓	✓	✓
	Attend school-wide events			✓	✓	✓	✓
	View <i>Conscious Discipline: Building Resilient Homes & Schools</i> eCourse			✓	✓	✓	✓
	Implementation support tool bundle			✓	✓	✓	✓



PHASE 3:
Transformation & Expansion

		District	Admin	CDAT	Inspired Staff	All Staff	Other
District-Level Discovery & Stewardship	Reflect & recommit to district vision	✓					
	Identify third cohort of Conscious Discipline Inspired Schools (CDIS) to begin their journey in Phase 1	✓					
	Conscious Discipline Overview: 2-hour virtual training for new CDIS Principals		✓				
	Leadership Support PLC: 12 1-hour virtual sessions	✓					
	CDIS Continuous Improvement: Quarterly 1-hour virtual consultations	✓	✓				
	District Continuous Improvement: Quarterly 1-hour virtual consultations	✓					
Discovery with School Administration	Reflect & recommit to school vision		✓				
	Complete pre & post assessments, rubrics, data collection		✓				
	Continuous improvement planning: Assess, reflect & adjust implementation		✓				
	Expand Conscious Discipline Action Team (CDAT)		✓				
Instructor-Led Training	Ignite & Excite: Conflict Resolution: 2-day onsite event		✓	✓	✓	✓	✓
	Deepening Relationships & Academic Integration: Quarterly 1-hour virtual consultation		✓				
	Deepening Practice & Academic Integration: Quarterly 1-hour virtual consultation			✓			
	Practical Application: Two 4-day coaching sessions for classrooms			✓	✓		
	<i>Powers of Resilience</i> facilitated eCourse		✓	✓			
	Building Your Community: Half-day onsite implementation for support staff			✓	✓		✓
	Building Your Community: Onsite Parent Night			✓	✓		✓
	Going the Distance! Classroom implementation: Midyear onsite training		✓	✓	✓	✓	✓
	District-Wide Conscious Discipline Academy		✓	✓	✓	✓	✓
Training Led by CDAT	Meets monthly			✓			
	Leads School Family Assemblies		✓	✓	✓	✓	✓
	Leads <i>Conscious Discipline: Building Resilient Schools & Homes</i> eCourse for new staff			✓			✓
	Leads Conscious Discipline book study for inspired staff			✓	✓		
	Leads Feeling Buddies curriculum study for inspired staff			✓	✓		
	Continue deepening their own classroom implementation			✓			
National Events	<i>Conscious Discipline for Administrators</i> 2-day		✓				
	<i>Feeling Buddies</i> 2-day			✓	✓		
	Subject-specific 2-days			✓	✓		
	<i>Elevate Conscious Discipline National Conference</i>		✓	✓	✓		
School-Wide Involvement	Complete pre & post assessments			✓	✓	✓	✓
	Attend school-wide events			✓	✓	✓	✓
	View <i>Conscious Discipline: Building Resilient Homes & Schools</i> eCourse			✓	✓	✓	✓
	Implementation support tool bundle			✓	✓	✓	✓



PHASE 4:
Long-Term Sustainability

		District	Admin	CDAT	Inspired Staff	All Staff	Other
District-Level Discovery & Stewardship	Reflect & recommit to district vision	✓					
	Identify fourth cohort of Conscious Discipline Inspired Schools (CDIS) to begin their journey in Phase 1	✓					
	Leadership Support PLC: 12 1-hour virtual sessions	✓					
	CDIS Continuous Improvement: Quarterly 1-hour virtual consultations	✓	✓				
	District-Level Continuous Improvement: Quarterly 1-hour virtual consultations	✓					
Administration Self-Discovery	Reflect & recommit to school vision		✓				
	Complete pre & post assessments, rubrics, data collection		✓				
	Continuous improvement planning: Assess, reflect & adjust implementation		✓				
	Expand Conscious Discipline Action Team (CDAT)		✓				
Instructor-Led Training	Ignite & Excite! Achievement & Sustainability 2-day onsite event		✓	✓	✓	✓	✓
	Quarterly 1-hour virtual consultation		✓	✓			
Training Led by CDAT	Meets monthly			✓			
	Leads Going the Distance! mid-year training for all staff			✓	✓	✓	✓
	Leads <i>Powers of Resilience</i> eCourse for all staff			✓	✓	✓	✓
	Leads Parent Nights			✓	✓		✓
	Leads School Family Assemblies		✓	✓	✓	✓	✓
	Leads implementation with support staff			✓			✓
	Leads <i>Conscious Discipline: Building Resilient Schools & Homes</i> eCourse for new staff			✓			✓
	Leads Conscious Discipline book study			✓	✓		
	Leads Feeling Buddies curriculum study			✓	✓		
	Pay it forward in rising CDIS			✓			
National Events	<i>Conscious Discipline for Administrators 2-day</i>		✓				
	<i>Conscious Discipline Institute</i>			✓	✓		
	<i>Feeling Buddies 2-day</i>			✓	✓		
	Subject-specific 2-day events			✓	✓		
	<i>Elevate Conscious Discipline National Conference</i>		✓	✓	✓		
School-Wide Involvement	Complete pre & post assessments			✓	✓	✓	✓
	Attend school-wide events			✓	✓	✓	✓
	View <i>Powers of Resilience</i> eCourse			✓	✓	✓	✓