



**ConsciousDiscipline®**

# About Conscious Discipline



Conscious Discipline is a comprehensive, trauma responsive, brain-based approach to self-regulation.



# What We Do



## THOUGHT LEADERSHIP + CONTENT

- Content, thought leadership, books
- *Real Talk for Real Teachers* podcasts
- Articles
- Keynotes



## Training

- Multi-day onsite training
- Private Academies
- Facilitated online courses
- Virtual training
- Onsite and virtual coaching for teachers and administrators



## District-Level Plans

- Quality, multi-year professional development
- Implementation tools
- Extensive discovery process
- Specializing in sustainability and continuous improvement



## IMPLEMENTATION TOOLS

- Conscious Discipline® Core
- The Safe Place™
- Creating the School Family™
- Feeling Buddies®
- Shubert & Sophie™
- I Love You Rituals™
- Baby Doll Circle Time™



## eLEARNING

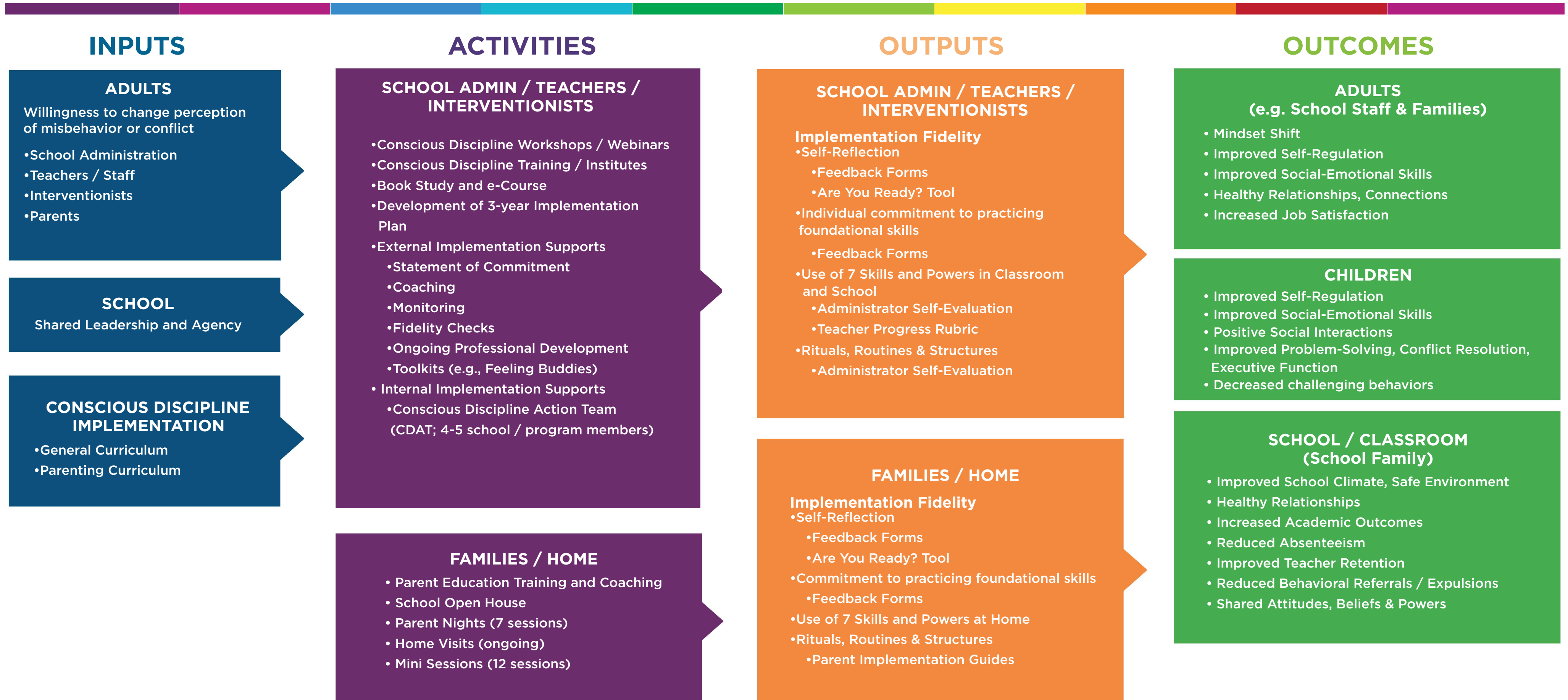
- Free printables
- Alignments & rubrics
- Shubert's school & home
- Songs & chants
- Extension activities
- Games



## NATIONWIDE EVENTS

- Conscious Discipline Institutes
- Advanced Institute
- 2-day workshops
- Elevate Conscious Discipline national conference

# Conscious Discipline Logic Model



# District Plans



Conscious Discipline offers transformational plans that unite districts with effective skillsets, quality professional development, onsite and virtual events, and classroom tools that improve every facet of teaching and learning.



Evidence-based, trauma responsive and field-tested best practices cultivated via 25+ years of leadership in the self-regulation, wellness and classroom management space.



Highly personalized discovery process to tailor your plan to your district's strengths, needs and challenges.



A dedicated cadre of Certified Instructors and our Partner Development Team ensure your success, whether your district includes fewer than five or more than 50 schools.



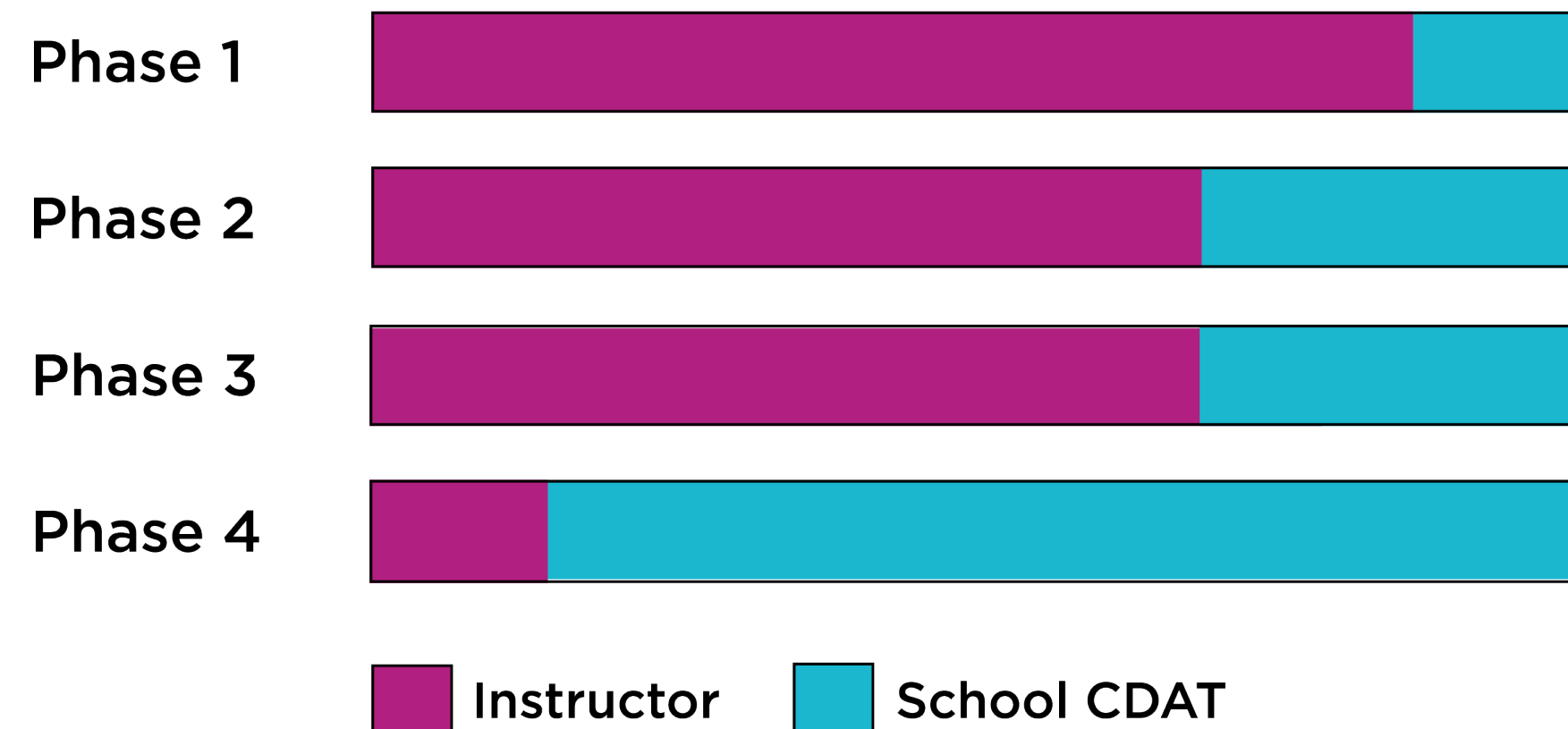
Fundamental principles of continuous improvement, fidelity and sustainability empower staff to explore greater depth while assuming responsibility for internal training over time.



Conscious Discipline's plans focus on long-term achievement, sustainability and fidelity. Over the course of our plans, the responsibility for training shifts from our Instructors to school staff, ensuring a self-sustaining model for long-term growth.

## Sustainability

Training Shifts from External Instructor to Internal School CDAT Over Time



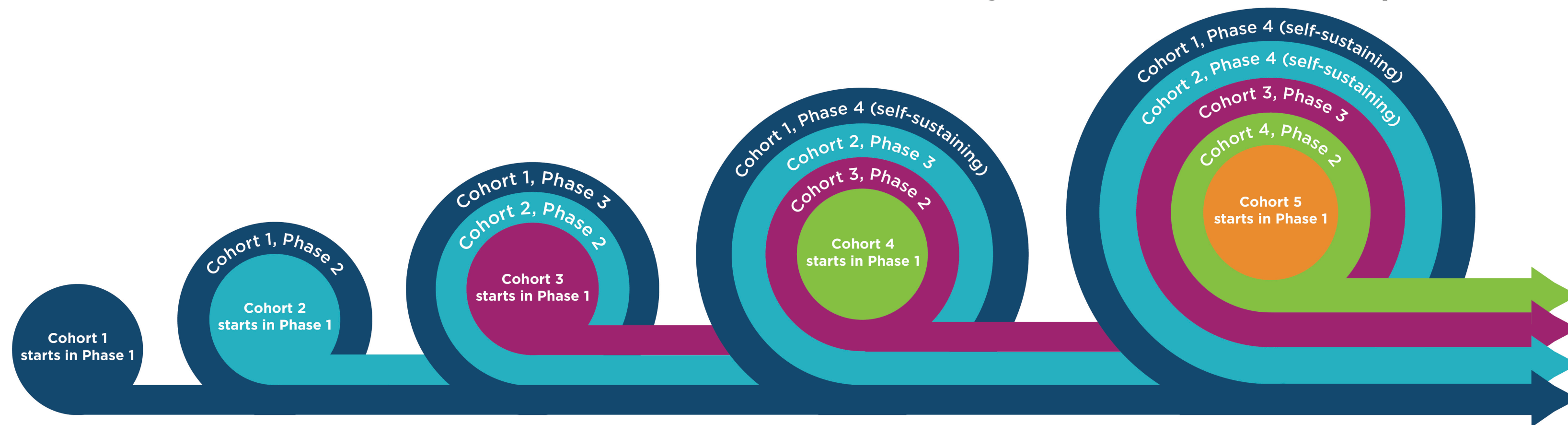
# District Plans



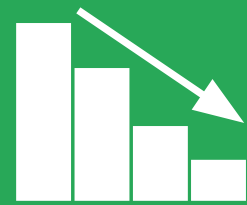
Conscious Discipline's plans encourage districts to start a new cohort of schools each year so more experienced cohorts can help shape the growth of newer ones, ultimately unifying the entire district in fidelity.

## District-Wide Growth Over Time

Increase Results & Reach as More Schools Enter the Cycle of Continuous Improvement



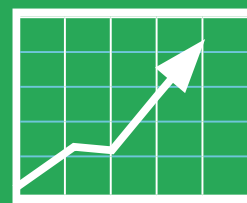
# Key Outcomes



Decreased Discipline Referrals



Improved School Culture



Increased Academic Achievement



Healthier Social Skill Sets



Increased collegiality and job satisfaction  
(teacher, administration and staff)