

Conscious Discipline®

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



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



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



NATIONWIDE EVENTS

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



Conscious Discipline Logic Model Discipline®



INPUTS

ADULTS

Willingness to change perception of misbehavior or conflict

- School Administration
- Teachers / Staff
- Interventionists
- Parents

SCHOOL

Shared Leadership and Agency

CONSCIOUS DISCIPLINE IMPLEMENTATION

- •General Curriculum
- Parenting Curriculum

ACTIVITIES

SCHOOL ADMIN / TEACHERS / **INTERVENTIONISTS**

- Conscious Discipline Workshops / Webinars
- •Conscious Discipline Training / Institutes
- Book Study and e-Course
- Development of 3-year Implementation Plan
- External Implementation Supports
- Statement of Commitment
- Coaching
- Monitoring
- Fidelity Checks
- Ongoing Professional Development
- Toolkits (e.g., Feeling Buddies)
- Internal Implementation Supports
- Conscious Discipline Action Team (CDAT; 4-5 school / program members)

FAMILIES / HOME

- Parent Education Training and Coaching
- School Open House
- Parent Nights (7 sessions)
- Home Visits (ongoing)
- Mini Sessions (12 sessions)

OUTPUTS

SCHOOL ADMIN / TEACHERS / INTERVENTIONISTS

Implementation Fidelity

- Self-Reflection
 - •Feedback Forms
 - •Are You Ready? Tool
- Individual commitment to practicing foundational skills
- •Feedback Forms
- •Use of 7 Skills and Powers in Classroom
- Administrator Self-Evaluation
- Teacher Progress Rubric
- •Rituals, Routines & Structures
- Administrator Self-Evaluation

FAMILIES / HOME

Implementation Fidelity

- •Self-Reflection
- •Feedback Forms
- Are You Ready? Tool
- •Commitment to practicing foundational skills
- •Feedback Forms
- •Use of 7 Skills and Powers at Home
- •Rituals, Routines & Structures
- Parent Implementation Guides

OUTCOMES

ADULTS (e.g. School Staff & Families)

- Mindset Shift
- Improved Self-Regulation
- Improved Social-Emotional Skills
- Healthy Relationships, Connections
- Increased Job Satisfaction

CHILDREN

- Improved Self-Regulation
- Improved Social-Emotional Skills
- Positive Social Interactions
- Improved Problem-Solving, Conflict Resolution, **Executive Function**
- Decreased challenging behaviors

SCHOOL / CLASSROOM (School Family)

- Improved School Climate, Safe Environment
- Healthy Relationships
- Increased Academic Outcomes
- Reduced Absenteeism
- Improved Teacher Retention
- Reduced Behavioral Referrals / Expulsions
- Shared Attitudes, Beliefs & Powers



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.





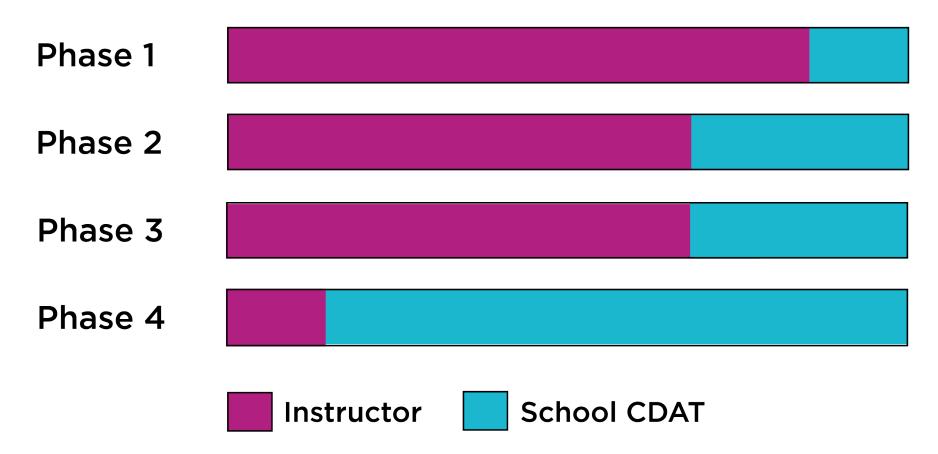
District Plans



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





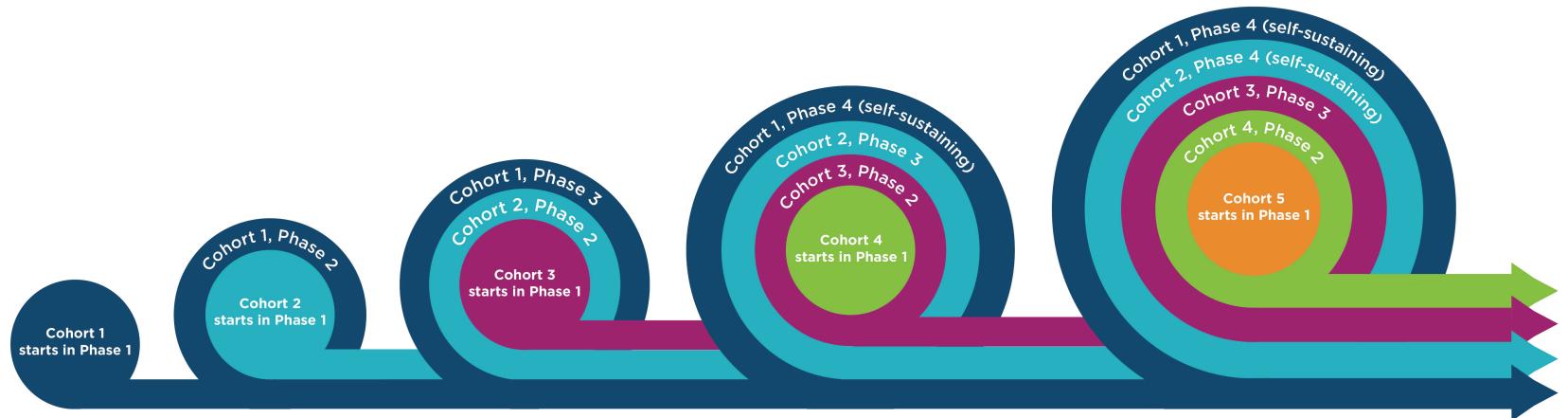
District Plans



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)

