

3-Part Conscious Discipline Saturday Training Series

Conscious Discipline® is an emotional intelligence program consisting of Brain Smart® strategies for responding rather than reacting to life events. This is a 3-part introductory training series. Full-day attendance at all 3 sessions is required to receive clock hours (18 total). Participants will walk away with an increased understanding of brain development and behavior, both their own and children's. Self-control must come first. Conscious Discipline is an adult-change first model, child change second. There will be a focus on providing a felt sense of safety, which includes physical, psychological and emotional aspects.

This series will address:

- The mindset shifts required for adults to implement Conscious Discipline with fidelity
- The first 3 of 7 Conscious Discipline powers and skills required for transformational change
- The corresponding School Family structures, rituals and routines

Day 1:

- Adult mindset shifts & the Conscious Discipline Brain State Model
- Power of Perception & skill of composure: Adult triggers & active calming
- School Family: greetings & Safe Keeper ritual

Day 2:

- School Family: Brain Smart Start, Rituals, Friends & Family Board, Introduction to the Safe Place & Visual Routines
- Power of Perception & skill of adult assertiveness

Day 3:

- School Family: Meaningful Jobs, Ways to Be Helpful visuals & I Love You Rituals
- Power of Unity & skill of encouragement (noticing skills)

3 Locations:

- Cohort #1A – Lutheran Family & Children Services, 9666 Olive Blvd., St. Louis, MO 63132 with Sue Dierks, Conscious Discipline Certified Instructor
- Cohort #1B – Research Medical Center, 2316 E. Meyer Blvd., Kansas City, MO 64132 with Cathy Lancelotta, Conscious Discipline Certified Instructor
- Cohort #1C—Stoney Creek Hotel, 2601 S. Providence Rd, Columbia, MO 65203 with Velda McKenzie, Conscious Discipline Certified Instructor

Dates (8:30-3:30):

- July 13, September 14, and November 9 - *for St. Louis and Kansas City Locations*
- August 24, October 19, and November 23 - *for Columbia Location*

Register for the above series series by emailing Cindy Stone at CStone@cpsk12.org. Or see attached registration form, next page→

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Learning Communities Project

2019 Missouri Learning Communities Project Registration Form—3-Day Conscious Discipline®

MOPD ID# _____ (to obtain or look up a MOPD ID# go to: openinitiative.org You should also register for your Toolbox while on this site, which will enable you to look up your attendance records. We will enter training attendance into the DHSS clock hours system if you have the ID#—Our training is published on the Missouri Workshop Calendar.

CERTIFICATES WILL NO LONGER BE ISSUED.) IMPORTANT NOTICE: Credit will only be issued if you attend all 3 days of the training. There will be no makeup days provided.

Name: _____
(Please print clearly)

Position: ___ Teacher ___ Teacher Assistant ___ Administrator

Program Name: _____

Does your classroom have a current MPP Grant ? YES NO
Is your classroom/center participating in the QAR Pilot Program? YES NO

School District/Agency: _____

Work Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Work Phone: _____ **Home Phone:** _____

E-mail address: _____

Note: You should plan on attending all 3 days: credit awarded only for attendance of all 3 days. **(REGISTRATIONS ACCEPTED NOW!!) Please choose which location you will attend:**

Conscious Discipline®: 3-Day Introductory Series—8:30 to 3:30

_____ **Lutheran Family & Children Services**, 9666 Olive Blvd., **St. Louis, MO** 63132 with Sue Dierks, Conscious Discipline Certified Instructor—**July 13, Sept 14, and Nov 9, 2019**

_____ **Research Medical Center**, 2316 E. Meyer Blvd, **Kansas City, MO** 64132, with Cathy Lancelotta, Conscious Discipline Certified Instructor—**July 13, Sept 14, and Nov 9, 2019**

_____ **Stoney Creek Hotel**, 2601 S. Providence, **Columbia, MO** 65203, with Velda McKenzie, Conscious Discipline Certified Instructor—**August 24, Oct 19, and Nov 23, 2019**

You may register by mail, email, or fax. Sessions are Free !!! There is NO charge for the full 3-day training.

Submit the completed registration form via mail, or email, or fax to:

MPPLCP/Columbia Public Schools

315 Bernadette, Suite 4, Columbia, MO 65203

Email: cstone@cpsk12.org

Phone: 573-445-7457

Fax: 573-445-7471