



Marriott Columbus Northwest, Dublin, Ohio

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Certified Conscious Discipline® Instructors



Rozlyn Grant

Kenedria Thurman

Pamela Prasher

Tonya Byous

Intended audience:

Head Start and Early Head Start Administrators, Coaches, Mentors, Teachers and Assistant Teachers

As a result of this event, participants will be able to increase the fidelity of their implementation of Conscious Discipline throughout their Head Start program from the office, to the classroom and families' homes.



Content is approved for IACET CEUs and



approved/applied for Ohio Approved Professional Development

Day 1 – August 11th

General Session

10:30 am to 12:00 pm

Using the Powers, Skills & Structures to Strengthen Our Why – Rozlyn Grant

During this interactive keynote, participants will revisit their “Why” by tapping into the Powers, Skills & Structures of what strengthens the School Family. Get ready to re-energize for the upcoming school year!

Learning Outcomes:

1. Identify the powers of Conscious Discipline
2. Identify the skills and structures of Conscious Discipline

Lunch - 12:00 pm to 1:30 pm

Breakout Sessions

1:30 pm to 3:00 pm

What's the Difference Between Anger and Rage? – Kenedria Thurman

As we continue to support families and communities during this post-pandemic-age, join us in learning the difference between anger and rage, along with strategies and structures to help children work through being feelings and learn new skills.

Learning Outcomes:

1. Identify the difference between a child's anger and rage
2. Identify the skills to use to transform upset to self-regulation

Engaged from the Start: Creating ways to Empower Families – Pamela Prasher

Join this hands-on, interactive session that participants can find ways to empower parents and families, increase family engagement and success in your programs through the lens of Conscious Discipline. Participants will learn about how they can see the families and their behavior differently. Participants will also walk away with ideas of how they can implement Conscious Discipline in their daily work, from their first conversation or meeting with families.

Learning Outcomes:

1. Identify how the principles of Conscious Discipline engage us in a new way of seeing families and their behavior
2. Identify strategies to implement Conscious Discipline in daily work with families

Pulling the "feeling" Out of the Story to Get to Self-Regulation – Tonya Byous

In working with infants and toddlers, we nurture self-regulation - the ability to regulate our thoughts, feelings, and actions. It is the core of emotional wellbeing for academic and life success. In this session participants will learned and practice the Self-Regulations success cycle for adult and child. Using the feeling buddies caregiver and parents will strengthen the child's ability to self-regulate and handle upset with success.

Learning Outcomes:

1. Identify the Self-Regulation success cycle
2. Identify emotional triggers and name feelings
3. Coach children in the safe space using the five step self-regulation process

3:15 pm to 4:45 pm

We Are Family! Conscious Discipline & The School Family Model – Rozlyn Grant

The School Family Model provides the basic foundation supports for successful implementation of Conscious Discipline. Participants will walk away with a clear understanding of how to either continue or begin the program year with helpful rituals, routines and structures to build/strengthen their school family.

Learning Outcomes:

1. Identify the structures and rituals that build the school family
2. Apply and plan for structures and rituals that build the school family

Active Calming & The Safe Space –A Self-Regulation Learning Center – *Kenedria Thurman*
Self-Regulation, a right hemisphere skill, is the key to children’s success both in school and in life. Participants will learn, practice and plan how to successfully model, teach and practice the 5 steps of self-regulation.

SESSION WILL BE REPEATED ON 8/12

Learning Outcomes:

1. Identify the 5 Steps of Self-Regulation
2. Identify strategies to apply the 5 Steps of Self-Regulation through Active Calming and the use of the Safe Place

Overview: Attachment, Attunement, and Social Play with Infants and Toddlers

Baby Doll Circle Time: In Infant/Toddler Settings and Beyond – *Tonya Byous*

Baby Doll Circle Time is infinitely more than cute babies playing with cute dolls. It is more than a structured way to pass time with catchy to pass time with catchy tunes or learning the names of body parts, movements and basic emotions. It is a way to see every caregiver and child experience the attachment, attunement, and social play required for optimal brain growth.

Learning Outcomes:

1. State and identify the attachment styles
2. Defined Attunement using S.T.A.R and D.N.A process
3. Use verbal and non-verbal games to play with infants and toddlers

Day 2 – August 12th

General Session

8:30 am to 8:50 am

Centering Activity – Brain Smart Start – *Rozyln Grant*

Participants will experience an interactive Brain Smart Start (Unite, Disengage Stress, Connect & Commit) to prepare the brain for learning. In a whole group setting, participants will share “Aha” moments from the previous training day.

Breakout Sessions

9:00 am to 10:30 pm

Disconnected Families are Discouraged Families:

Bridging the Home-School Gap – *Pamela Prasher*

Help bridge the school and home gap. Participants will learn how to connect with families on a deeper level and develop strong relationships that will serve as a foundation for program success. We will discuss strategies that can be implemented from orientation, intake process to family partnership agreements. We will identify family engagement strategies to promote parent knowledge & skills that work hand in hand, strengthening families as partners and life-long leaders. Discover tools and tips for increasing sustained parent participation and skills to focus on the strengths and needs of the parents and families.

Learning Outcomes:

1. Identify strategies to engage families and build connection beginning at intake and orientation and sustain through service delivery
2. Practice strategies that build parent knowledge and skills

Active Calming & The Safe Space –A Self-Regulation Learning Center – *Kenedria Thurman*
Self-Regulation, a right hemisphere skill, is the key to children’s success both in school and in life. Participants will learn, practice and plan how to successfully model, teach and practice the 5 steps of self-regulation.

REPEAT OF 8/11 SESSION

Learning Outcomes:

1. Identify the 5 Steps of Self-Regulation
2. Identify strategies to apply the 5 Steps of Self-Regulation through Active Calming and the use of the Safe Place

10:45 am to 12:15 pm

Are You a Boss or a Leader? Becoming the person you want others to be! – *Rozlyn Grant*
This session is for program leaders looking to begin Conscious Discipline Implementation, as well as those looking to re-invent their current plan. Participants will discuss and plan for successful implementation by upending the pyramid of leadership; model the state and skills they desire their team to practice. They will work in small groups to develop 60 & 90-day implementation plans with checkpoints to ensure success and fidelity.

Learning Outcomes:

1. Identify the components of leading with integrity in Conscious Discipline implementation
2. Practice and plan strategies to lead with integrity through Conscious Discipline implementation

Weaving Conscious Discipline® into the Homes – *Pamela Prasher*
Learn hands-on activities and ideas that you can take back to your program to share with families. Identify creative ways to teach parents and families the language of Conscious Discipline, by looking at the Adult-First approach and reflecting on how we were raised as a child growing up. Find ways you can incorporate Conscious Discipline into the Home Visits, Open House, Parent Meetings, Socializations and Parenting Classes.

Learning Outcomes:

1. Identify components of the Adult-First approach to teaching parents and families the language of Conscious Discipline
2. Identify strategies to incorporate Conscious Discipline to all parent engagement opportunities

Lunch/General Session

12:15 pm to 2:30 pm

Play is the Highest Form of Research

Rozlyn Grant, Kenedria Thurman, Pamela Prasher and Tonya Byous

A session of play and planning!

During this session, participants will practice the skills learned over the past two days in a “playful” game of round robin, taking the content and practice and transforming that into an implementation plan.

Learning Outcomes:

3. Identify Conscious Discipline language
4. Practice and plan strategies to respond to behavior with Conscious Discipline language and strategies