



Dr. Becky A. Bailey, Ph.D.

Dr. Becky Bailey is an award-winning author, renowned educator and internationally recognized expert in childhood education and developmental psychology. She is the creator of Conscious Discipline, which has impacted an estimated 17 million children while inspiring and training more than 3.5 million educators and caregivers.

Conscious Discipline creates a compassionate culture and facilitates an intentional shift in adults' understanding of behavior via the Conscious Discipline Brain State Model. It then provides specific brain-friendly, trauma-informed research-backed strategies for responding to each child's individual needs with wisdom. This highly effective approach is proven to increase self-regulation, sense of safety, connection, empathy and intrinsic motivation in both children and adults. In schools, this leads to increased teaching time, improved academics and fewer discipline referrals.

Conscious Discipline is practiced in over 47 countries with resource materials offered in 22 languages. Over 1.5 million of Dr. Bailey's top-selling books are in circulation.

The U.S. Substance Abuse and Mental Health Administration's (SAMHSA's) National Registry of Evidence-based Programs and Practices (NREPP), which promotes the adoption of scientifically established behavioral health interventions, recognized and endorsed Conscious Discipline in 2015 as effective for improving social functioning and competence.

A study published by the Harvard Graduate School of Education and funded by The Wallace Foundation compared the top 25 Social Emotional Learning (SEL) programs and found that Conscious Discipline was one of only three SEL programs that focuses 75% or more of its content on emotion/behavior regulation and emotion knowledge/expression. Conscious Discipline received high ratings in 8 of 10 categories.

Dr. Becky Bailey is the recipient of over 30 product and program awards including:

- Lifetime Achievement Award for Excellence in Early Childhood Education at the 2017 International SPLASH Conference
- 2017 Distinguished Alumni Award for the Business & Industry Category by Florida State University College of Education
- Alumni Achievement Award / William Henry Ruffner Alumni Award for Outstanding Citizen Leadership from Longwood University
- Creative Child Magazine's Top Choice of the Year Award for *Managing Emotional Mayhem*
- Jury Favorite Award at the Lift-Off Global Film Festival for *How to Make a Bully from Scratch*
- iParenting Media Award for *Shubert* series of books

With over 35 years of experience working with the most difficult children, Dr. Bailey deeply believes we must transform the lives of adults first and children second.

