

# 10-Session Online Course with Dr. Becky Bailey

## Conscious Discipline: Building Resilient Schools and Homes

INDIVIDUAL,  
GROUP &  
MULTI-YEAR  
OPTIONS  
AVAILABLE



### Essential Course Topics Include:

#### Brain State Model

The Conscious Discipline Brain State Model will teach you to recognize and respond to three critical internal states that determine our ability to connect, learn and problem-solve.

#### Safety

Discover how to recognize and respond to adults and children operating from a Survival State by increasing a felt sense of safety to help them access higher brain states.

#### Connection

Learn how to model the skills of encouragement, choices and empathy to create a connected, compassionate culture for learning where caring, kindness and contribution are the norm.

#### Problem-Solving

Apply the skills of positive intent and consequences in ways that encourage healthy self-regulation, yielding the ability to control impulses, solve conflicts and regulate emotions.

## 10+ Hours of Experiential Learning for Individuals and Groups

Enjoy the only trauma-responsive comprehensive self-regulation program to combine social-emotional learning, discipline and school climate for transformational results.

This 10-session online course will guide you through the core methodology of Conscious Discipline, a leader in brain-based social-emotional learning that's proven to build resilience in children, families, educators and schools. Dr. Becky Bailey — an educator, author, child development expert and founder of Conscious Discipline — takes you to the heart of the powers, skills and structures that make Conscious Discipline a transformational powerhouse. This self-paced course delivers 10+ hours of experiential learning, plus lots of digital extras and video FAQs for educators, parents and mental health professionals.



[ConsciousDiscipline.com](https://www.consciousdiscipline.com)

## Meet Your Guide: Dr. Becky Bailey

Dr. Becky Bailey is an award-winning author, renowned teacher and internationally recognized expert in childhood education and developmental psychology. Her Conscious Discipline methodology is changing lives worldwide every day. Dr. Bailey speaks to thousands of parents, educators and counselors every year at live events and over 2M copies of her best-selling books are in circulation. Over the course of more than 25 years, her work with Conscious Discipline has impacted an estimated 20M children.



## How It Works



### 10 Video Sessions with Dr. Becky Bailey

Over 10+ hours of experiential learning presented by Dr. Becky Bailey, creator of Conscious Discipline, examines the core concepts and structures of this life changing methodology.



### Course Textbook

*Conscious Discipline: Building Resilient Classrooms* by Dr. Becky Bailey is the companion piece and core text for this 10-session course. The book is included with individual registration, and available for purchase in conjunction with any level of site license.



### Participant Workbook

This helpful 150-page guide reinforces the key concepts, examples and exercises featured in each session. Included as a digital download for individual registration and site licenses, physical copies may also be purchased.



### Digital Extras

Log in to your e-Course portal to access a rich digital toolbox of downloads, printables, video FAQs for educators and parents, MP3s of each session, and much more.

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## SESSION 1:

### Introduction to Conscious Discipline

Compare the traditional discipline system of rewards and punishments with the Conscious Discipline self-regulation system based on safety, connection and problem-solving.

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## SESSION 2:

### Becoming Brain Smart (Parts 1 and 2)

Discover how our internal state dictates behavior through understanding the Conscious Discipline Brain State Model. Learn how to wire the brain for optimal development and then learn to identify likely behaviors and helpful skills to use with each brain state.

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## SESSION 3:

### The Connected Family and the School Family

Learn the importance of shifting from a factory model of education to a family model for an optimal school climate. Discover the lasting benefits of creating healthy relationships as the core wellspring of motivation.

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## SESSION 4:

### The Skill of Composure and the Power of Perception

Explore the Skill of Composure and how to teach and implement a self-regulation learning center called the Safe Place.

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## SESSION 5:

### The Skill of Assertiveness and the Power of Attention

Discover how to access and develop an assertive voice. Learn to develop the Skill of Assertiveness and utilize visuals to increase compliance.

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## SESSION 6:

### The Skill of Encouragement and the Power of Unity

Utilizing the power of unity creates a culture of compassion called the School Family. Learn the Skill of Encouragement and the difference between connection and attention.

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## SESSION 7:

### The Skill of Choices and the Power of Free Will

Learn how offering two positive choices builds self-esteem. Then discover ways to help children reframe blame and take responsibility for their actions and choices.

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## SESSION 8:

### The Skill of Empathy and the Power of Acceptance

Take a deeper look at the prerequisites to resolving conflict and discover ways to help children take ownership of their feelings as we guide them through emotional regulation.

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## SESSION 9:

### The Skill of Positive Intent and the Power of Love

Learn how to transform resistance into cooperation, respond to physical and verbal aggression, and take steps to help children resolve conflicts with others.

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## SESSION 10:

### The Skill of Consequences and the Power of Intention

Learn how to use the three types of consequences effectively so children learn from their mistakes. Discover how to use tattling as a teaching tool and put the most powerful consequences back into schools.

# Options for Individuals, Groups and Multi-Year Licenses

Onsite or Virtual Training with a Certified Instructor Also Available

## Individual Participant E-Course Registration

**One-Year Individual Registration includes e-portal access for 365 days on any device to:**

- 10 video sessions with Dr. Becky Bailey
- Session-by-session video FAQs

- Downloadable participant workbook
- Additional digital resources and printables
- One copy of course textbook: *Conscious Discipline: Building Resilient Classrooms* by Dr. Becky Bailey (shipping not included)

## Site License Options for Groups

A one-year site license is designed to support group learning experiences. Your license is valid for 365 days from date of purchase and grants permission to stream e-Course sessions to groups of up to 75, 100, 150 or 750 participants. Each level also includes a set number of user accounts with access to video sessions, teacher and parent FAQs, and digital extras.

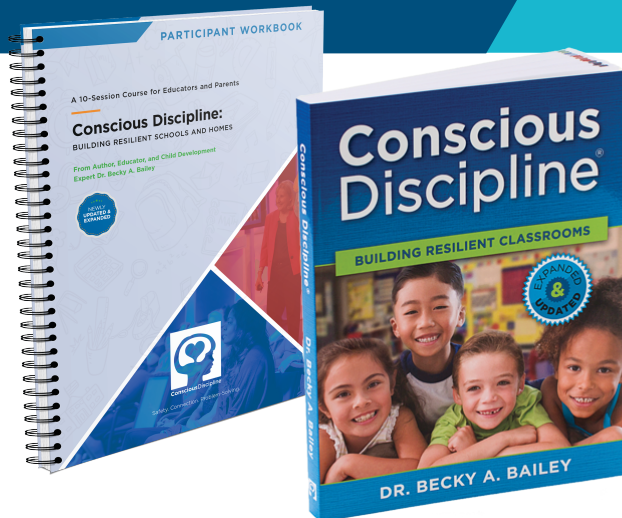
**For information regarding multi-year licensing please visit our website.**

**Level 1** | Groups of up to 75

**Level 2** | Groups of up to 100

**Level 3** | Groups of up to 150

**Level 4** | Groups of up to 750



## Course Resources

The course textbook and participant workbook include additional resources and exercises that bring the concepts presented in the e-Course to life. The course textbook is included with individual registration and may be added to your site license for an additional cost. A digital download of the Participant Workbook is included with both individual registration and site licenses. Bound copies of this 150-page workbook are available for an additional cost. We recommend that every participant have both resources.

For more details and to register online visit **ConsciousDiscipline.com**

