



**Conscious  
Discipline®**

# Stress to Success For Elementary Leadership

With Director of Development Jill Molli and Principal Jordan Williamson



**10+ hours**  
of content with  
Jill Molli and  
Jordan Williamson

**Session 0:**

**Introduction  
to Stress to  
Success**

**Session 1:**

**The Powers  
& Skills of  
Conscious  
Discipline**

**Session 2:**

**The  
Brain Model**

**Session 3:**

**The  
Importance of  
Connection**

**Session 4:**

**All Upset Is  
Communication**

**Session 5:**

**The Stress  
Response**

**Session 6:**

**The Purpose  
of Emotions**

**Session 7:**

**Understanding  
Self-Regulation**

**Session 8:**

**Learning  
How to Self-  
Regulate**

**Session 9:**

**Practicing  
Self-  
Regulation**

**Session 10:**

**Understanding  
Anger**

**Session 11:**

**The Adult  
Journey**

**Session 12:**

**Responding  
to Children's  
Emotions**

**Session 13:**

**Discovering  
What Is  
Beneath Anger**

**Session 14:**

**Self and  
Soul Care**

**Session 15:**

**Conclusion**

**Includes a downloadable workbook to guide your learning!**