



Conscious
Discipline®

Stress to Success For Elementary Leadership

With Director of Development Jill Molli and Principal Jordan Williamson



10+ hours
of content released
on Jan 11, March 31,
June 30.

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**

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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**

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Session 12:

**Responding
to Children's
Emotions**

Session 13:

**Discovering
What Is
Beneath Anger**

Session 14:

**Self and
Soul Care**

Session 15:

Conclusion

AVAILABLE JUNE 30TH

Includes a downloadable workbook to guide your learning!