



# Starting the Year with Shared Power

Keynote Presentation

Presented by: Dr. Becky Bailey,

Author, Educator and Founder of Conscious Discipline

## Self-Regulation

- Predicts academic success and life happiness
- Allows delay of gratification
- Empowers to set goals and achieve them despite obstacles
- Creates and sustains healthy relationships
- Develops empathy and problem-solving
- Allows integrity so can hold true to life values

## SURVIVAL STATE

### Skills:

- Fight
- Flight
- Surrender

### Trigger



### Am I Safe?

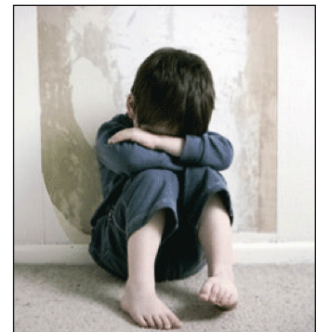
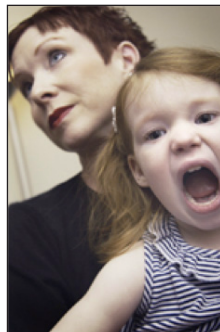


### Regulate Arousal



**Perception = Threat / Intention = Hurt/Punish**

**Misbehaviors:** What does it take to keep myself safe?





# Starting the Year with Shared Power

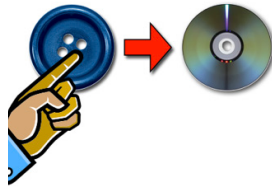
## EMOTIONAL STATE

### Skills:

- Lecture
- Guilt/Shame
- Blame



### Trigger



### Am I Loved?



### Regulate Emotions



Perception = Good or Bad / Intention = Blame

Misbehaviors: What does it take to get attention and avoid connection?



## EXECUTIVE STATE

### Skills:

- Set/Achieve Goal
- Problem-Solve
- Executive Skills



### Trigger

### Am Can I Learn?



### Regulate Behavior



Perception = Free Will / Intention = Teach



## Democracy

Means to self-govern. Without self-regulation, democracy cannot fulfill its potential. Freedom with responsibility + equal rights for all.

## Autocracy

Means a government of a single person who has unlimited power over others. Outside forces govern you. Rights are delegated or earned by some and not others.

**S** = Safety

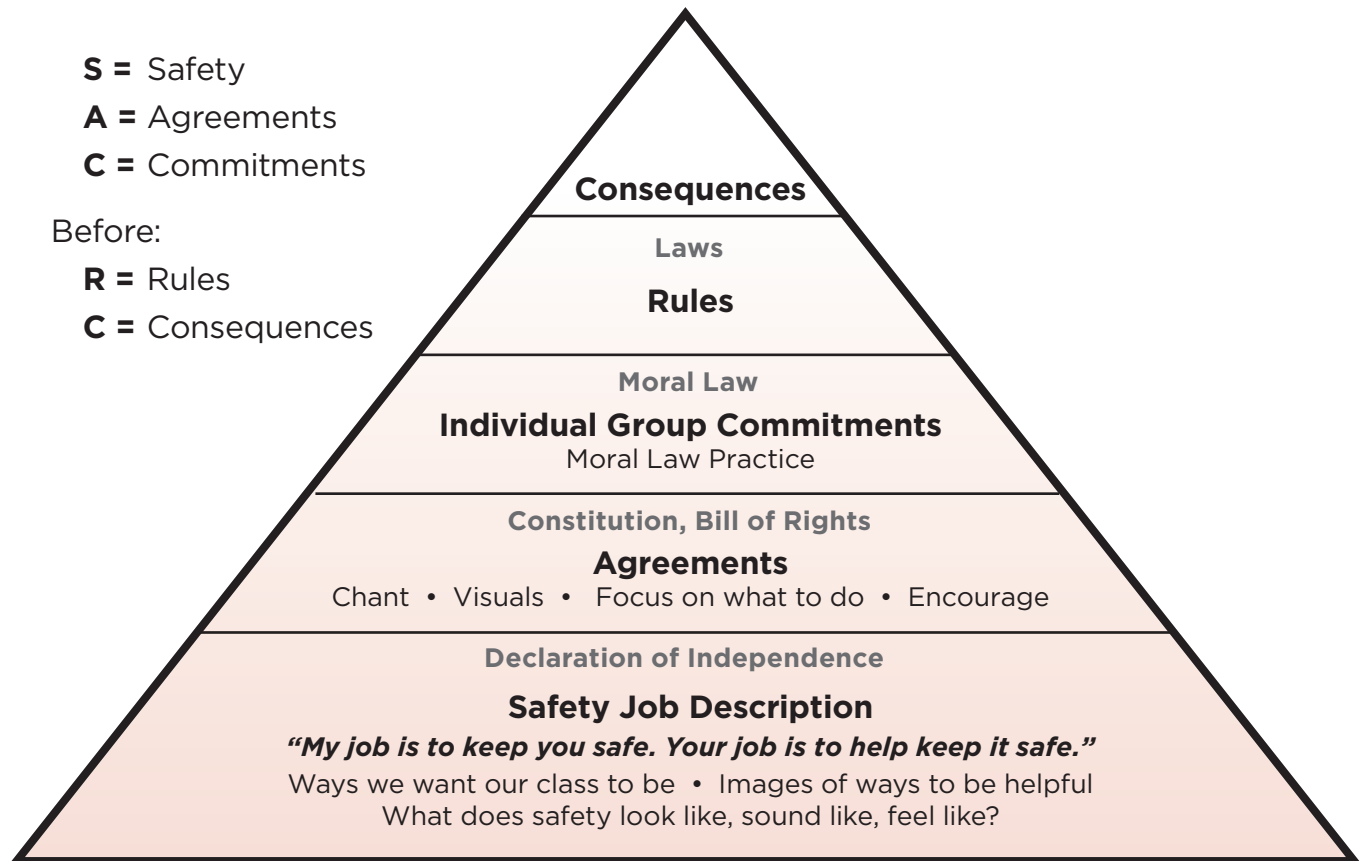
**A** = Agreements

**C** = Commitments

Before:

**R** = Rules

**C** = Consequences



**Rules:** Define specific behaviors of what is allowed and not allowed to do and are enforced through consequences.

**Commitments:** Promises to ourselves and ways to practice achieving our agreements.

**Agreements:** Guidelines for acceptable group behavior. Promises to the group.

**Routines:** Visuals created for consistency and predictability that help children keep agreements and commitments.



## When We Confuse Rules with Routines or Agreements

- We will enforce them inconsistently
  - Based on circumstances
  - Based on our current inner state
- We will train children not to comply
- We will teach children not to trust authority
- Without social trust there can be no guidance, only coercion



**Take Note!**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---