

What is Conscious Discipline®?

Conscious Discipline® is a comprehensive emotional intelligence curriculum and classroom management program that is based on current brain research, child development information and effective educational practices.

Conscious Discipline® uses everyday life events to teach:

- ★ self-control
- ★ conflict resolution
- ★ character development
- ★ social skills

Conscious Discipline® guides parents, teachers, administrators and staff through a specific process of promoting permanent behavior change. The paradigm of change is from a traditional reward and punishment, lower-brain model of discipline to a relationship-based community model that relies on cultivating higher-order thinking skills.

This access to higher-order thinking allows children to create solutions, improve academically and be accountable for their own behavior. It empowers both children and adults to respond, rather than react to life events.



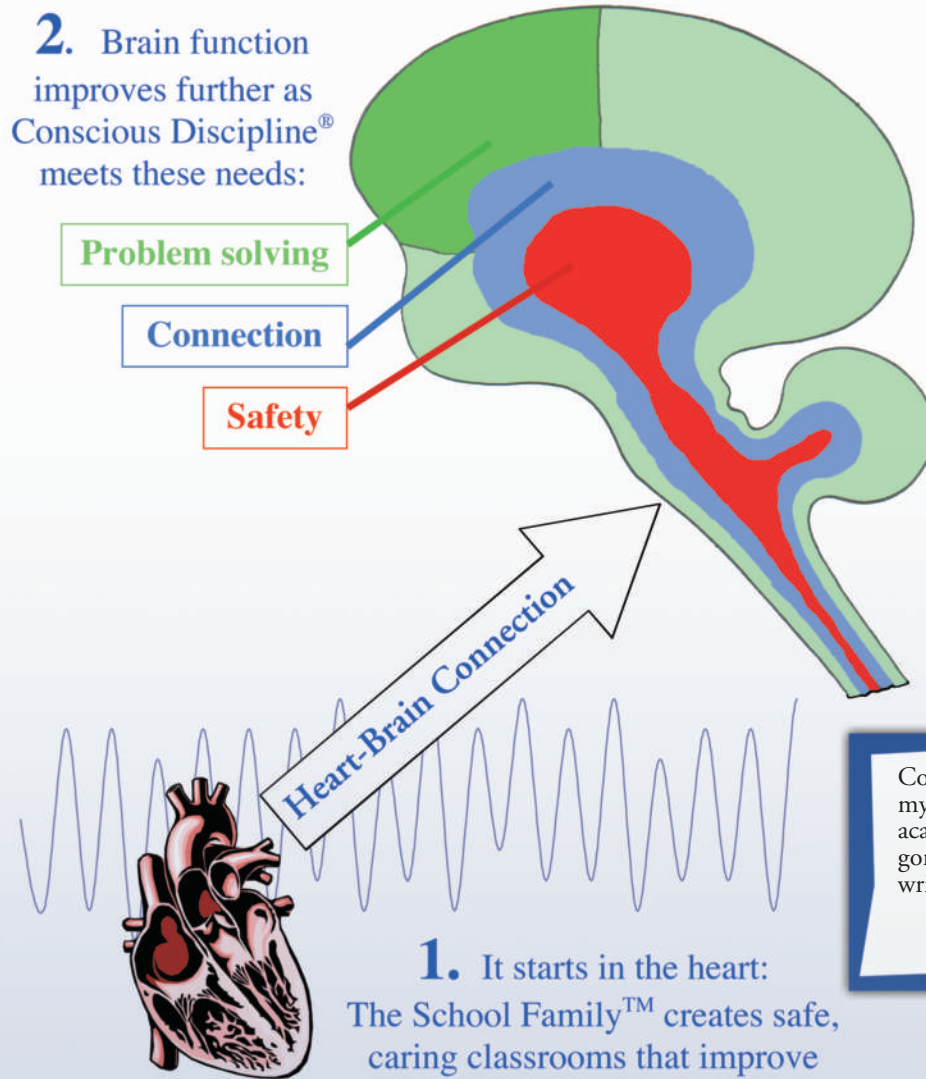
Conscious Discipline® scientifically and practically links social-emotional learning and classroom management to achieve school-wide success.

2. Brain function improves further as Conscious Discipline® meets these needs:

Problem solving

Connection

Safety



3. Improved brain function increases achievement and school success



Conscious Discipline® has provided my school with the foundation for academic success. Test scores have gone up in every area, with 36% in writing scores.

Pat Ramsey
Principal

1. It starts in the heart:
The School Family™ creates safe, caring classrooms that improve brain function.

School success is as easy as 1-2-3.

How do I begin?

- ★ Attend a week-long Summer Institute or 2-day workshop with Dr. Bailey.
- ★ Purchase the Conscious Discipline® video set.
- ★ Schedule a workshop in your area by calling **800-842-2846 x204**
- ★ Visit: **www.ConsciousDiscipline.com**
- ★ Purchase the Conscious Discipline video set and starter kit

Testimonials

Conscious Discipline® directly and practically addresses the issue of trust, developing choices, empathy and seizing moments of conflict as opportunities to teach.

Carla Hannaford, Ph.D.
Author, *Smart Moves*

I have seen its power in schools. It builds a positive state that is essential for learning. A must for every teacher in America.

Marcus Conyers
Author, *Brain Smart Learning*

Dr. Becky Bailey

Dr. Becky Bailey is the originator of the Conscious Discipline® program. She is an award-winning author, renowned teacher, researcher and nationally recognized expert in Early Childhood and Elementary Education. Her experience includes 30 years as a university professor, and teaching at every level. She is currently the founder and president of Loving Guidance, Inc., which is dedicated to creating positive environments for children, families, schools and businesses.

Imagine one program that:

- ★ Trains every teacher the disciplinary skills to address the emotional and social issues facing today's youth
- ★ Allows teachers to maximize their teaching time
- ★ Is scientifically based
- ★ Teaches every student how to have healthy relationships, feel safe at school and treat others with respect
- ★ Creates a School Family™ based on safety, connection & problem solving
- ★ Replaces external rewards with intrinsic motivation
- ★ Transforms your school into one that achieves academically, insures accountability, and meets the social and emotional needs of all children



How does it work?

Conscious Discipline® offers comprehensive reform by teaching:

1. **The 7 Powers for Self-Control** – Empowering adults to see conflict as a learning opportunity instead of a disruption
2. **The 7 Basic Skills of Discipline** – Enabling adults to take back their power with specific strategies that transform misbehavior into social-emotional life skills
3. **The School Family™** – Adults and children create an emotionally intelligent classroom through routines, rituals and classroom structures
4. **A Seamless Curriculum** - Combines classroom management with existing academics, adding life-lessons to everyday instruction while increasing achievement

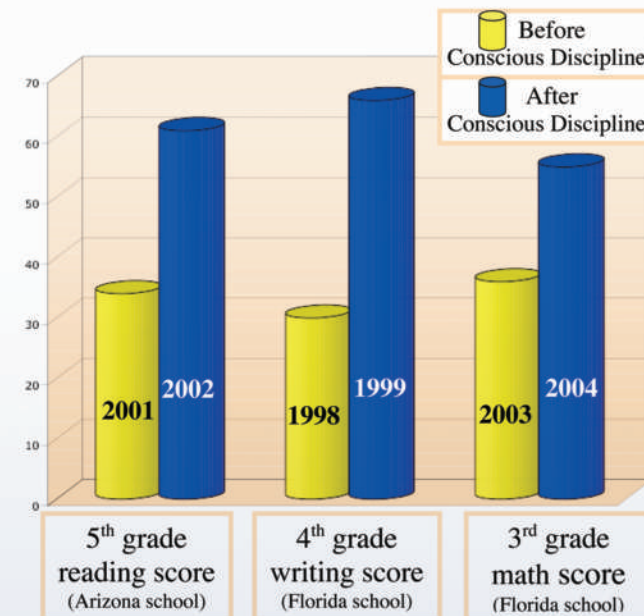
The 7 Basic Skills of Conscious Discipline®

- ★ **COMPOSURE**
Becoming the person you want your children to be
- ★ **ENCOURAGEMENT**
Building a school family
- ★ **ASSERTIVENESS**
Saying "No" and being heard
- ★ **CHOICES**
Building self-esteem and will power
- ★ **POSITIVE INTENT**
Turning conflict into cooperation
- ★ **EMPATHY**
Handling the fussing and the fits
- ★ **CONSEQUENCES**
Helping children learn from their mistakes

Researched Results of Conscious Discipline®

1. Decreases aggression and bullying
2. Increases academic scores on state tests

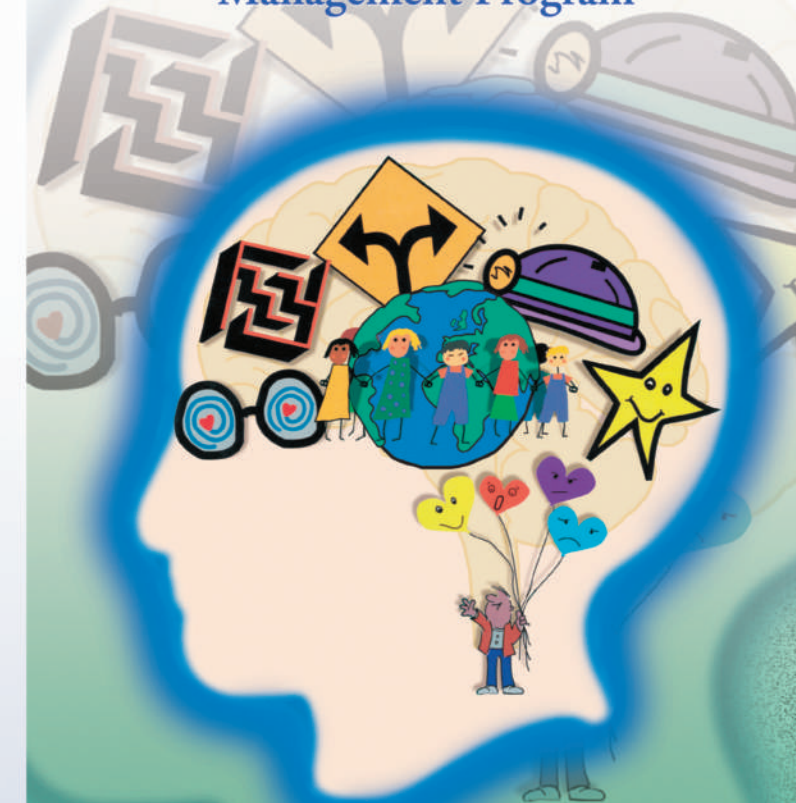
Success in Three Different Schools



3. Decreases impulsivity, hyperactivity and acting out in "difficult" children
4. Increases teaching time
5. Creates positive school climate
6. Increases collegiality of staff
7. Enhances parenting effectiveness

Conscious Discipline®

A Comprehensive Classroom Management Program



Building Character Through Conflict