

# CONSCIOUS DISCIPLINE 2009/2010 Registration Form

## Four convenient ways to register:

Please Print Clearly

- Online** www.oakland.k12.mi.us, click on "Register Online" and locate your class  
**Email** emregistration@oakland.k12.mi.us (include all registration information)  
**Mail** Oakland Schools, Event Management, 2111 Pontiac Lake Rd., Waterford, MI 48328-2736  
**Fax** 248.209.2021

Confirmation letter will be **emailed** upon receipt of this registration form and fee. Please bring your receipt to the 1st day of class to ensure entry. Payments can be made by check, purchase order or credit card and payable to Oakland Schools. We encourage teachers to register in pairs or teams.

Name \_\_\_\_\_  
District \_\_\_\_\_  
School \_\_\_\_\_ Grade \_\_\_\_\_  
Work # \_\_\_\_\_  
Home Address \_\_\_\_\_  
Home City/State/Zip \_\_\_\_\_  
Home # \_\_\_\_\_  
Preferred Email \_\_\_\_\_

*Please print clearly for future correspondence.*

## Payment Information

Cost \$220.00 in county or \$253 out of county  
Date July 28, 2009 - April 19, 2010  
PO # \_\_\_\_\_ Ck # \_\_\_\_\_  MasterCard  VISA Amount Enclosed \_\_\_\_\_  
Cardholder Name \_\_\_\_\_  
Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Cardholder Address \_\_\_\_\_  
Cardholder Signature \_\_\_\_\_

*If you have special needs, need a vegetarian meal or have registration questions, please call 248.209.2500 10 days before the event.*

OaklandSchools



Mary Masson, Early Childhood Education Consultant  
Early Childhood Team  
2111 Pontiac Lake Road  
Waterford, MI 48328-2736  
248.209.2238  
248.209.2522 Fax  
www.oakland.k12.mi.us/earlychildhood

Oakland Schools does not discriminate on the basis of sex, race, color, national origin, religion, height, weight, marital status, sexual orientation (subject to the limits of applicable law), age, or disability. For employment matters, contact the Director of Human Resources at 248.209.2059. For all other matters, contact the Director of Legal Affairs at 248.209.2062, 2111 Pontiac Lake Road, Waterford, MI 48328-2736. If you have special requirements, please notify us 10 business days in advance if you require special arrangements. Cancellations must be received, in writing, 7 business days prior to workshop. No reimbursements will be honored if cancellation is not made with 7 business days prior to workshop. Oakland Schools is a nonsmoking environment. Carpooling is strongly encouraged.

# EARLY CHILDHOOD



## Conscious Discipline®

By Becky Bailey

### Challenging classroom?

Pre-K through 3rd Grade Staff  
2009 - 2010



OaklandSchools

## TRaIning INfORMation



The Oakland Schools Early Childhood Team is happy to once again offer the Conscious Discipline® training for Pre-K through third grade teachers.

Mary Masson, Early Childhood Education Consultant, will facilitate the trainings. If you have questions about the **content** of this training series, please call Mary at:

**248.209.2238**

This training is a **series** and you must attend **all** of the following sessions here at Oakland Schools:

Tuesday ..... 07/28/09 ... 9 AM-3:30 PM  
Wednesday.... 07/29/09 ... 9 AM-3:30 PM  
Monday .....09/21/09 ..... 4:30-8 PM  
Monday .....10/26/09 ..... 4:30-8 PM  
Monday ..... 11/16/09 ..... 4:30-8 PM  
Monday ..... 01/04/10 ..... 4:30-8 PM  
Monday ..... 02/01/10 ..... 4:30-8 PM  
Monday ..... 03/01/10 ..... 4:30-8 PM  
Monday ..... 04/19/10 ..... 4:30-8 PM

Teachers are encouraged to register in pairs or teams. So sorry! Replacing a teacher with another teacher midway through the series is not accepted.

## What is CONSCIOUS DISCIPLINE ?



Conscious Discipline® is a comprehensive classroom management program and a social-emotional curriculum based on current brain research, child development information,

and developmentally appropriate practices. It has been specifically designed to make changes in the behaviors and responses of teachers first. Teachers in turn will then affect the behaviors of their students.

Teachers are empowered with the Seven Powers for Self Control:

- Perception    ● Unity            ● Love
- Attention    ● Acceptance    ● Free will
- Intervention

These powers allow teachers to draw from within themselves to become proactive instead of reactive during moments of conflict. Teachers stay in control of themselves and positively influence children.

Self-control is not pretending to be calm in difficult moments. Self-control is the ability to reach out and empathize with others; to accept and celebrate differences; to communicate feelings directly; resolve conflicts in constructive ways; and to enjoy becoming a contributing member of a community.

## WHY CONSCIOUS DISCIPLINE ?

Conscious Discipline® uses your daily conflicts to teach conflict resolution, social skills, character development and self control. This program creates change from the inside out. As teachers change their attitudes and behaviors, so will children.

From the Seven Powers for Self Control® emerge the Seven Basic Skills of Discipline®. These are the skills a teacher needs to constructively respond to any conflict in the classroom.

### The Seven Basic Skills of Discipline®

#### Composure

*Becoming the person you want your children to be*

#### Encouragement

*Building a school family*

#### Assertiveness

*Respectfully setting limits*

#### Choices

*Building self esteem and will power*

#### Positive Intent

*Creating teachable moments  
Turning conflict into cooperation*

#### Empathy

*Handling the fussing and the fits*

#### Consequences

*Helping children learn from their mistakes*

Based on Conscious Discipline®  
7 Basic Skills for Classroom Management  
By Dr. Becky Bailey  
1.800.842.2846  
www.consciousdiscipline.com

## TeaChER SOUND Bites



Oakland County teachers who recently completed the Conscious Discipline® workshop were asked “*If you were talking to other teachers, would you advise them to enroll in this*

*workshop?*” Their responses are below.

“Great class, meaningful things I can use every day!”

“Absolutely. I think every teacher should take this class. It was a privilege! It was so helpful and I learned so many techniques.”

“Teaches you to be aware of how we, as teachers, affect classroom environment; our composure; and how to de-stress children.”

“Yes! Yes! Conscious Discipline® will change your idea of what discipline looks like. You will see results!”

“I would tell them to start today! The next day after that isn’t soon enough. I have gained so much and I’m learning all the time. Every teacher should take this class, it should be mandatory!”

“I would say that Conscious Discipline® can change teachers for the better and positively affect the children.”

CHeCK us out ONLine at [www.oakland.k12.mi.us/earlychildhood](http://www.oakland.k12.mi.us/earlychildhood)