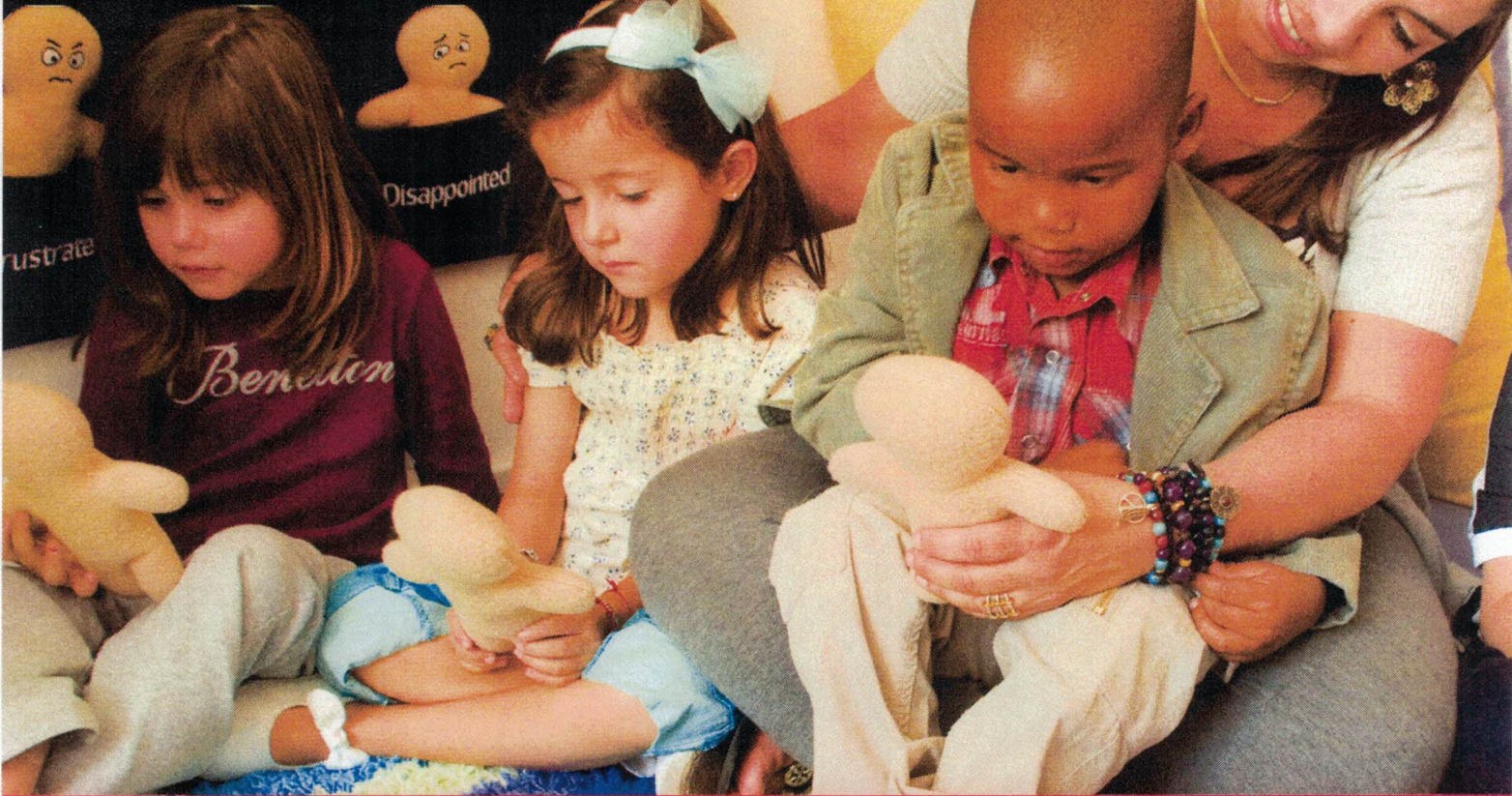




Conscious
Discipline®

Happy



SELF-REGULATION: The Key to School Readiness

Raleigh, NC: April 9 - 10, 2015 • Orlando, FL: December 4 - 5, 2015

Self-regulation is the key to school readiness, and is more powerful than IQ as a predictor of academic achievement. Equip your children with the #1 skill they need for success.

In this two-day workshop, increase the self-regulation that leads to school readiness by learning to:

- Implement the *Feeling Buddies Curriculum* to teach the five steps to self-regulation.
- Coach children through their emotional mayhem.
- Use the same five-step process to manage your own thoughts, feelings and actions.
- Create a self-regulatory learning center in your classroom (the Safe Place).
- Respond to emotional upset in a way that fosters the development of self-regulation.
- Provide children the opportunity to practice self-regulation in real life situations.

PreK-2nd Grade • \$289/person • \$250 for 10+

Register today at ConsciousDiscipline.com