



The Joy of the Journey

August 8-9, 2024



Marriott Columbus Northwest, Dublin, Ohio

Meet your Instructors



Tonya
Byous



Myara
Jefferson



Brittany
Highley



Rozlyn
Grant

This event is designed to build knowledge and skills that will support implementation of Conscious Discipline throughout your Head Start program from the office to the classroom and families' homes.

Thursday, August 8th

9:00 am to 10:30 am--Registration

10:30 am to 12:00 pm—General Session

Dublin III/IV

The Joy for the Journey

Tonya Byous

0.2 CEUs/submitted for 1.5 Ohio Approved hours

The journey in Early Education and life will have twists and turns, smooth, and bumpy roads. During this session we will learn skills to help us navigate the journey with joy! The Seven Powers of Conscious Discipline help you develop your inner resources and create purposeful positive change in your life. During this session discover the following: you'll become aware of the mental models; limit beliefs, unconscious biases and intentions that drive your feelings and behaviors. With consciousness comes the opportunity to choose differently and make lasting changes in your life and the lives you touch.

Learning Outcomes:

1. Participants will be able to identify and reflect on the mental models of how you view feelings and behaviors
2. Participants will be able to describe neuroplasticity and practice rerouting thoughts and habits.

12:00 pm to 1:30 pm--Lunch (*provided*)

Atrium

1:30 pm to 3:00 pm—Breakout Sessions

If I Knew Then What I Knew Now—Teacher Edition

Dublin I/II

Myara Jefferson

0.2 CEUs/submitted for 1.5 Ohio Approved hours

*****This session will be repeated on Friday morning**

This session will create a safe space to bring together experienced educators to reflect on their teaching journeys and share insights gained over the years. They will discuss challenges they faced, lessons learned, and strategies that have proven effective in the classroom. The session will focus on professional growth, mentorship, and continuous learning in the field of education. Participants can expect to gain valuable perspectives and practical advice from seasoned educators to enhance their own teaching practices.

Learning Outcomes:

1. Participants will identify self-care techniques that support balancing personal and professional life.
2. Participants will be able to network to gain a supportive community and identify strategies to create supportive communities in your existing networks.

Becoming Brain Smart—The BSS & the Brain

Dublin IV

Rozlyn Grant

0.2 CEUs/APPROVED for 1.5 OA hours

During this session, participants will learn about the three brains states and how they are supported and given the opportunity to be strengthened through the Brain Smart Start (BSS).

Learning Outcomes:

1. Participants will be able to name and identify the brain states.
2. Participants will be able to name and identify the 4 components of brain smart start.
3. Participants will be able to use the brain states and brain smart start to plan for daily implementation.

Supporting Parents in Implementing Connections and Routines

Dublin III

Brittany Highley

0.2 CEUs/submitted for 1.5 Ohio Approved hours

*****This session will be repeated on Friday morning**

Brittany will share her journey from traditional parenting to conscious parenting. Participants will learn strategies to work with your school family to build meaningful connections and routines that help both the home environment and school environment.

Learning Outcomes:

1. Participants will identify strategies to help families build meaningful connections and communications within family and school environment.
2. Participants will identify strategies to support families in their ability to set healthy boundaries and build self-independence by creating family structures that resemble school structures.
3. Participants will identify strategies to help families shift to see parenting from a different lens.

3:15 pm to 4:45 pm—Breakout Sessions

Conscious Discipline for Managers/Supervisors

Dublin I/II

Tonya Byous

0.2 CEUs/submitted for 1.5 Ohio Approved hours

In this session we will discover the skills and perceptions needed to experience meaningful change and build healthy relationships with families, teachers, and stakeholders. Managers and Supervisors will understand the Conscious Discipline concept with leadership. Using the adult first / leader first model managers and supervisors will learn how to create the school family, to support teachers, and share information with families.

Learning Outcomes:

1. Participants will be able to identify and share the difference in Traditional Discipline and Conscious Discipline with staff and families.
2. Participant will recall the three brain states and when modeling to others, answer the question each state asks.

Using and Teaching the Assertive Voice While Setting Up Environments That Support the Power of Attention!

Dublin IV

0.2 CEUs/APPROVED for 1.5 OA hours

Rozlyn Grant

Participants will learn the difference between the passive, aggressive and assertive voice. Adults will learn how to use I-Messages while using their assertive voice and modeling assertiveness for children. Participants will also learn how to set up their environments (classrooms, office spaces, homes) to support assertiveness.

Learning Outcomes:

1. Participants will be able to identify the three voices (passive, aggressive, assertive)
2. Participants will be able to identify and practice the skills that enhance the I-Message within assertiveness
3. Participants will be able to design classrooms that support assertiveness to help the brain

Striking Connections with Language & Literacy

Dublin III

0.2 CEUs/ APPROVED for 1.5 OA hours

Myara Jefferson & Brittany Highley

*****This session is a repeat of the same session from 2023 Conscious Discipline Conference**

During this session, participants will fully engage with connection activities led by "I Love You Rituals." Participants will also learn techniques to align connections with daily literacy activities.

Learning Outcomes:

1. Participants will be able to identify connections (eye contact, touch, presence, playfulness) during interactions.
2. Participants will be able to demonstrate rituals to connect with students and families.
3. Participants will be able to plan classroom activities and family/at home connection & literacy connections.

Friday, August 9th

8:30 am to 8:50 am--Centering Activity – Brain Smart Start

***Activity will be held in your morning session before the session content begins**

Participants will experience an interactive Brain Smart Start (Unite, Disengage Stress, Connect & Commit) to prepare the brain for learning. In a whole group setting, participants will share "Aha" moments from the previous training day.

9:00 am to 10:30 am—Breakout sessions

Supporting Parents in Implementing Connections and Routines

Dublin III

Brittany Highley

0.2 CEUs/submitted for 1.5 Ohio Approved hours

*****This session is a repeat from Thursday afternoon**

If I Knew Then What I Knew Now—Teacher Edition

Dublin I/II

Myara Jefferson

0.2 CEUs/submitted for 1.5 Ohio Approved hours

*****This session is a repeat from Thursday afternoon**

Conscious Discipline with Infants and Toddlers

Dublin IV

Tonya Byous

0.2 CEUs/submitted for 1.5 Ohio Approved hours

During the first three years the child's brain grows rapidly. During those years they establish the temple of how they will regulate and manage stress. In this session caregivers will learn the concept of all behavior having meaning. In this introduction of Conscious Discipline, the care giver will identify each Brain State (Survival, Emotional, Executive) the need, trigger, skill and behaviors of each brain state.

We will explore creating secure attachment in daily interactions with infants and toddlers through attunement and social play.

Learning Outcomes:

1. Participants will be able to describe the three brain states.
2. Participants will be able to model and answer the question each state asks.

10:45 am to 12:15 pm—Breakout Sessions

So Many Structures Where Do I Begin?

Dublin IV

The Who, Where & What of Conscious Discipline Structures

Rozlyn Grant

0.2 CEUs/ APPROVED for 1.5 OA hours

During this session participants will learn about the powers and skills that support the structures, along with how to set them up and when to use them.

Learning Outcomes:

1. Participants will be able to name and identify the Powers of Conscious Discipline
2. Participants will be able to name and identify the skills of Conscious Discipline.
3. Participants will be able to name and identify the structures of Conscious Discipline.

Routines and Visuals—Reducing the Chaos

Dublin III

Myara Jefferson & Brittany Highley

0.2 CEUs/submitted for 1.5 Ohio Approved hours

Participants will learn practical strategies for implementing routines and visuals to improve classroom management, enhance language and communication skills, and foster independence and self-regulation in learners. Through real-life examples and interactive discussions, attendees will gain valuable insights into the benefits of using visual cues and structured routines. Whether you are an educator looking to optimize your teaching practices or a professional seeking to enhance productivity in the workplace, this presentation will provide you with practical tools and strategies to effectively integrate routines and visuals into your daily routines.

Learning Outcomes:

1. Participants will identify strategies to help students increase independence and provide a sense of security
2. Participant will practice skills to foster connection and aid in development in academic and social skills.

12:15 pm to 1:00 pm—Lunch (*provided*)

Dublin III/IV

1:00 pm to 2:30 pm—General Session

Dublin III/IV

Play and Planning –Helping You Succeed!

Rozlyn Grant

0.2 CEUs/ APPROVED for 1.5 OA hours

During this session, participants will work, practice and plan, in large and small groups and share their plans moving forward.

Learning Outcomes:

1. Participants will be able identify Conscious Discipline Powers.
2. Participants will be able to identify the Skills aligned to the Powers of Conscious Discipline.
3. Participants will be able to identify the Structures in the early childhood environment, that align to the Powers and Skills of Conscious Discipline.



IACET CEUs will be available for all sessions.

For more information about OHSAI CEU Policies and Procedures, and for more information about preparing for your conference experience, visit https://ohsai.org/professional_development_infor.php

IACET CEUs may count as Ohio Approved professional development.

Participants will receive a CEU post-test for sessions attended, via email.

CEU certificates will come with instructions for uploading the certificate to the Ohio Professional Registry.

Registry staff will determine if session counts for Ohio Approved.

For Ohio Approved sessions, if you provide your OPIN number on the sign-in sheet, your participation will be recorded in the Ohio Professional Registry following the session, awarding you Ohio Approved credit.