



**Conscious Discipline Training Series
2015-2016 School Year**

Date	Workshop Title	Corresponding Book Chapters
October 8	What is Conscious Discipline?	NA
November 12	Conscious Discipline Brain State Model	Easy to Love: Chapters 1-3 Conscious Discipline: Chapter 1 & 2
December 15	Composure	Easy to Love: Chapter 4-5 Conscious Discipline: Chapter 3 & 4
January 7	Assertiveness	Easy to Love: Chapter 6-7 Conscious Discipline: Chapter 5
February 11	Encouragement	Easy to Love: Chapter 8 Conscious Discipline: Chapter 6
March 10	Choices	Easy to Love: Chapter 9 Conscious Discipline: Chapter 7
April 14	Empathy	Easy to Love: Chapter 10 Conscious Discipline: Chapter 8
May 19	Positive Intent	Easy to Love: Chapter 11 Conscious Discipline: Chapter 9
June 9	Consequences	Easy to Love: Chapter 12 Conscious Discipline: Chapter 10

- Workshops will be held at the West Point Library from 6:30-9:00. **(Enter through blue library door on Main Street.)**
- Although it recommended to attend the entire series for the most benefit, individual workshops can be attended as well
- Workshops and course materials are free to registered participants
- Light refreshments will be provided
- Initial registration required. Contact Tara Martin at (804) 843-4869 or tmartin@pcdcva.org to register

