

# Parent Workshop

Presented By: Nicole Mercer, MS  
National Conscious Discipline® Certified Instructor

## An Introduction to Conscious Discipline®



ANCS has been working with Nicole on implementing Conscious Discipline into the structure of their school family since 2011. Conscious Discipline is a comprehensive classroom management program and social-emotional curriculum based on current brain research, child development information, and developmentally appropriate practices. Conscious Discipline has been specifically designed to make changes in the lives of adults first. The adults, in turn, change the lives of children.

It is unique from other ways of guidance because it:

- Defines discipline not as something you do to children, but something you develop within them.
- Teaches new skills to the adults first, and the children second, empowering adults to become the mindful teachers and parents you want to be.

Join us for an engaging evening of learning more about Conscious Discipline and how to begin your journey at home.

Visit this link for a short video about Conscious Discipline:

[https://www.youtube.com/watch?v=8j3gF1dh\\_t4&list=PLE0D BE442E3E01146](https://www.youtube.com/watch?v=8j3gF1dh_t4&list=PLE0D BE442E3E01146)

### Details

Date: Wednesday, July 20th

Time: 6:30 PM – 8:00 PM

Location: ANCS Elementary  
Campus

Reserve your seat: [https://www.surveymonkey.com/r/ANCS\\_CD\\_July20](https://www.surveymonkey.com/r/ANCS_CD_July20)

*“Discipline is not something we do to children, it is something we develop within in them.” – Dr. Becky Bailey*

