West Kids Leaders, Parents & Grandparents, join us for a five week training about:

**Conscious Discipline**

**Mondays:  Oct. 7, 14, 21, 28 & Nov.4, 5:30pm - 7:30pm**

**Westview Community Church: Room 131**

**Facilitated by: Renee Fehr**

**Meal (5:30 - 6:00): $3 per person   Childcare: Free / RSVP required by Oct. 1**

[Registration Link](https://forms.gle/ABv4DQsyeE9Hz99P6)

Please try your best to attend every session for the optimal experience. The sessions will be posted online for any participants who may have to miss.



More about Conscious Discipline from founder, Dr. Becky Bailey...

Conscious Discipline is an emotional intelligence program to help adults and children respond from the higher centers of their brain instead of react from the lower centers of the brain to a conflict in life situations. It's a shift from a very traditional compliant obedient model of discipline (punishing) to one that's a relationship based model of discipline (teaching) and both of these have different core beliefs.

1. In the traditional discipline model the goal is to change others. Conscious Discipline has been specifically designed to make changes in the lives of adults first. The adults, in turn, change the lives of children.
2. Traditional discipline relies on rules that govern behavior while conscious relationship relies on relationships to govern behavior.  The relationship gives us the willingness to solve our problems.
3. Traditional discipline portrays conflict as bad and should be avoided while conscious discipline portrays conflict as an opportunity for growth. In healthy relationships, you can have connection co-existing with conflict.
4. Traditional discipline asks us to rely on external resources of rewards and punishment. Conscious discipline asks us to rely on internal resources through thinking and reflection.

More about trainer/facilitator Renee Fehr...

"Who wants to be a teacher when they grow up?"  The answer from me was "I do!" I attended Emporia State University for my BSE (Bachelor of Science in Elementary Education) and 10 years later my MS (Master of Science with an emphasis in Early Childhood). I taught for 35 years, kindergarten through 3rd grade, and then received my ECU (Early Childhood Unified) license from Kansas State University. It allowed me to teach special education children from birth through five years old. The last five years of my teaching career involved teaching preschool, three of which were in special education and two at Stone House, a teaching lab, on the K-State campus. I also taught a college class while at Stone House on special education in preschool and kindergarten. I am a life-long learner, trying to better myself through studying the word of God, being involved in Bible studies and through self-help resources. I also love to travel, cook healthy foods, be active outside, scrapbook, read (mostly non-fiction), and spend time with my family.

*"As I saw it, Conscious Discipline was not a bag of tricks for getting children to behave, but a tool for teaching people, children and adults, to relate to each other as children of God."* Vickie Dieth of Christ Presbyterian Church