



Conscious Coaching actively supports educators and adults in **developing reflective practices and skills** to address behaviors and stress within their community with safety, connection, and problem solving.

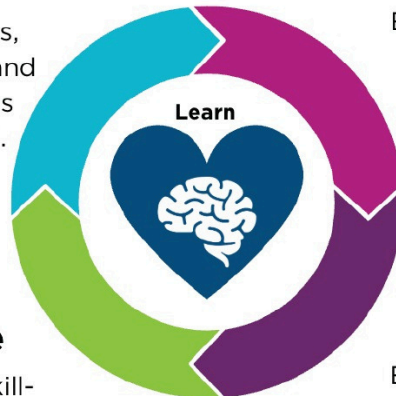
Unlike other coaching models, **Conscious Coaching** emphasizes **mindset shifts** and real classroom interactions to support adult skill development in behavior management and climate and culture.

Reflect

Deepen awareness, celebrate growth, and identify next steps towards the goal.

Experience

Engage in active skill-building, practice, and application of new insights.



Connect

Build a foundation of safety, trust, and connection to engage in deeper coaching work.

Commit

Establish clear goals and shared commitment to the coaching process.

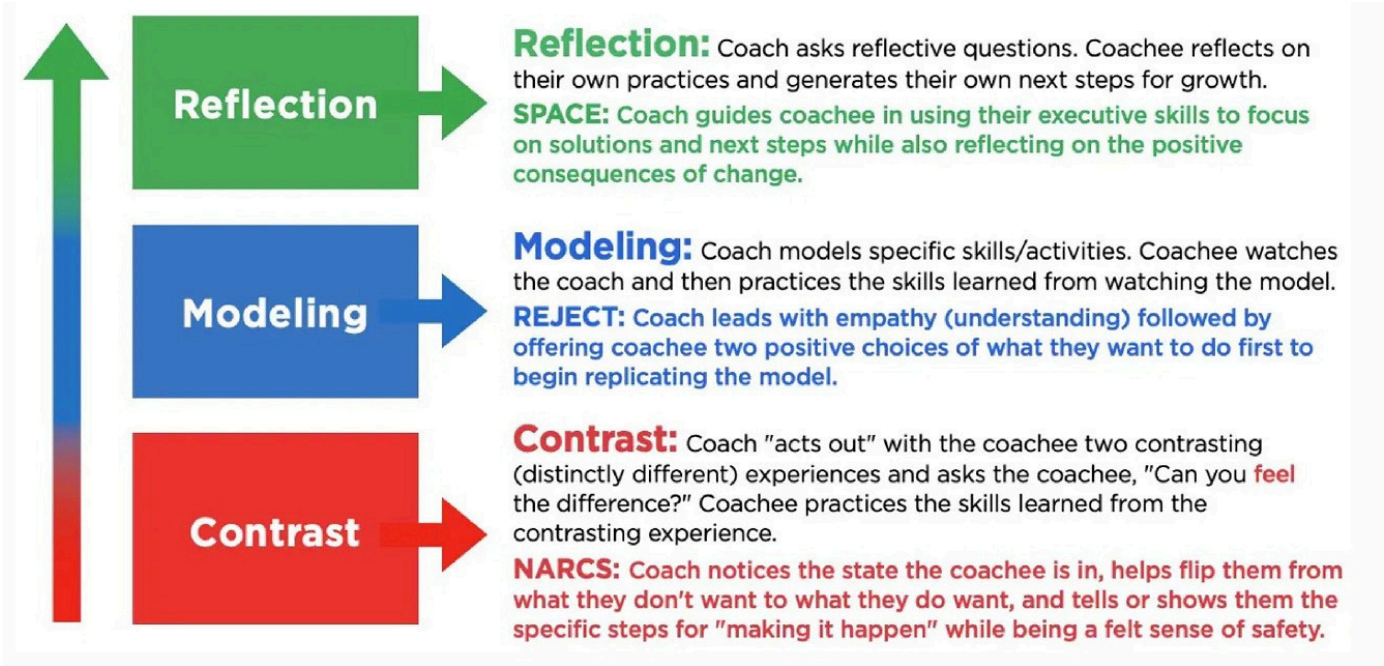
Through **cyclical, reflective coaching cycles** led by Certified Conscious Discipline Instructors, cohorts build **connection**, set **goals**, **reflection** interactions with children and adults, and **learn** new skills.





Conscious Coaching

Certified Instructors use **Modeling, Contrast,** and **Reflective** questions to drive new learning, mindset shifts, and skill development.



Coaching **cohorts** can engage in **virtual** and **onsite** coaching to meet your community's needs.

**Conscious Coaching is the right choice for every community.
Let's get started!**

Type	Capacity	Timing
Virtual Coaching	Up to 4 in a Cohort	1 Hour
Onsite Coaching	Up to 4 in a Cohort at the same Site	Up to 6 Hours

