



## **My gift to your school/agency in 2025: Up to 5 hours of FREE professional development for your staff!**

### **Who is eligible?** (in the Phoenix metro area\*)

- Schools (preschool through senior high)
- Community agencies that provide services to parents & families
- Counselors, psychologists & social workers (in schools or private practice)

### **Session length: 1 – 5 hours**

may be segmented over multiple days, to accommodate scheduling needs

**Sessions (in-person or online)** will provide hands-on learning through experiential activities and discussions. Staff will practice *Positive Discipline* strategies for working with parents/students, with content customized to your team's needs.

### **Possible Session Topics:**

- Understanding & addressing challenging behaviors – explore why children misbehave and effective response strategies
- Building cooperation through better connection and communication at home/school
- Reducing power struggles while maintaining healthy boundaries
- Creating support systems to help parents and teachers feel less isolated and discouraged

### **Why am I doing this...for free?**

I understand budget constraints, which is why I'm committed to making this accessible.

My vision is simple but powerful:

- Children who feel capable and valued in their families
- Parents who find joy in raising resilient, respectful kids
- Classrooms where respect, problem-solving and mutual support thrive

*Positive Discipline* offers practical, research-based tools that transform daily challenges into opportunities. Through this approach, children develop essential life skills – from leadership and teamwork to emotional intelligence and resilience.

If this vision resonates with you, let's connect and make it happen.

**evadwight.com**  
**endwightccc@gmail.com 480.363.7686**

\*Travel expense reimbursement required if your school/agency is located more than 20 miles from my home in Mesa, Arizona. The training sessions will still be free.

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# Positive Discipline

- based on the work of Alfred Adler & Rudolf Dreikurs
- created by Dr. Jane Nelsen & Lynn Lott
- experiential activities help parents/teachers by reaching the heart AND the head!

## General Principles:

- belonging & significance
  - belonging = love & connection
  - significance = contribution & responsibility
- behavior is goal oriented
- kindness & firmness at the same time
  - (authoritative parenting/teaching style, rather than authoritarian or permissive)
- mutual respect & dignity between adults & children
- encouragement is the strongest motivator
- community/social interest
- going beyond consequences to problem solving & solution building
- mistakes are opportunities to learn

## 5 Criteria for Effective Discipline

1. Helps children feel a sense of connection. (belonging and significance)
2. Is mutually respectful and encouraging. (kind and firm at the same time)
3. Is effective long-term. (considers what the child is thinking, feeling, learning, and deciding about themselves and their world – and what to do in the future to survive or to thrive)
4. Teaches important social and life skills. (respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school or larger community)
5. Invites children to discover how capable they are. (encourages the constructive use of personal power and autonomy)

For more information, go to  
[www.positivediscipline.org](http://www.positivediscipline.org)  
OR [www.positivediscipline.com](http://www.positivediscipline.com)

