



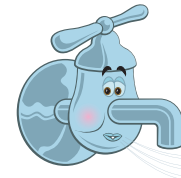
# Session 1: Conscious Discipline Introduction

E-Course/Mini-Poster

Conscious Discipline is based on three premises:

- 1 Controlling and changing ourselves is possible and it has a profound impact on others.**
- 2 Connectedness governs behavior.**
- 3 Conflict is an opportunity to teach.**

***Breathe! You can handle this!***



My personal commitment:

I am going to \_\_\_\_\_