



## Responding to Anxiety-Driven Behaviors Using Brain-Based Behavior Management Strategies

**Presented by: Amy Speidel, Conscious Discipline Certified Master Instructor**

**Hosted by: UF Health Jacksonville – CARD & UF Health Jacksonville – FDLRS-MDC**

### About the Presenter

Amy Speidel is a national presenter with Conscious Discipline. She is also a certified Parent Coach, working with families within a pediatric practice. Amy first used Conscious Discipline as a teacher and witnessed a transformation in her students. She now aspires to support all adults who come in contact with children by sharing Conscious Discipline® with them through practical, user friendly seminars and workshops.

### Training Description

Participants will learn how to correctly identify the brain state that a child is operating from and respond to that brain state in a manner that helps the child regain emotional and behavioral control and avoid behavioral errors and crisis escalation.

### Target Audience:

Teachers, school leaders and administrators, family members

### Training Objectives

Participants will:

- Learn about the three brain states: Survival State, Emotional State, Executive State
- Learn the skills needed to respond to each brain state helpfully
- Learn about tools to meet the needs of students at each brain state
- Understand the difference between traditional models of discipline and the Conscious Discipline approach

### Date:

June 8, 2023

9:00 am – 4:00 pm

June 9, 2023

9:00 am – 12:00 pm

Registration begins at 8:00 am

### Location:

Adam W. Herbert University Center  
University of North Florida  
12000 Alumni Drive  
Jacksonville, FL 32224

### Registration Deadline:

June 8, 2023

Limited to first 100 participants

### Register Online:

[Click here to register](#)

*Registration is mandatory.*

### For more information contact:

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or (904)633-4338

### Directions:

For directions, click [HERE](#).

*Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.*



