



Powers of RESILIENCE

SOCIAL EMOTIONAL LEARNING FOR ADULTS

Presented by Dr. Becky Bailey

Founder & Chief Knowledge Officer, Conscious Discipline

Session Titles:

PRE-COURSE SESSION: Getting Started

SESSION 1: Introduction to the Powers of Conscious Discipline

SESSION 2: Power of Perception

SESSION 3: Power of Attention

SESSION 4: Power of Unity

SESSION 5: Power of Free Will

SESSION 6: Power of Acceptance

SESSION 7: Power of Love

SESSION 8: Power of Intention

SESSION 9: Conclusion, Wrap-up

POST-COURSE SESSION: Next Steps

Digital/Printable Workbook by Dr. Becky Bailey will include the following materials for each of the Sessions:

- Session Overview
- Brain Smart® Start
- Content with activities
- Questions for reflection and discussion
- Commitment
- Next steps with additional readings

