

# POSITIVE DISCIPLINE CONFERENCE



## ATLANTA, GEORGIA

Join us IN PERSON for the 2024 Positive Discipline Conference which features presentations for educators, clinicians, and parents. Spend the day developing Positive Discipline tools for home and school, or to support others through your coaching, consulting, or counseling practice.

**Date:** Friday, July 12, 2024

**Time:** 9:00 am - 5:00 pm

**Location:** Atlanta Marriott Buckhead Hotel & Conference Center

### CE CREDIT AVAILABLE



The Positive Discipline Association is an approved National Board for Certified Counselors (NBCC) Continuing Education Provider. ACEP No. 6723.

The Positive Discipline Association is an approved professional development provider for this program through American Montessori Society (AMS).





**AMERICAN  
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# CONFERENCE PROGRAM



FRIDAY, JULY 12, 2024

Time	Session	Room
8:30 AM – 9:00 AM	Check-In   Continental Breakfast	Buckhead
9:00 AM – 10:00 AM	<b>PANEL:</b> Positive Discipline for Children with Special Needs	Heritage
10:00 AM – 10:15 AM	<b>Morning Break</b>	
10:15 AM – 11:45 AM	<p><b>PARENTING TRACK</b></p> <ul style="list-style-type: none"> <li>Using Positive Discipline to Respond to the Mental Health Crisis – Noha Alshugairi</li> <li>The Courage to be Imperfect: Preparing our Children for Loss, Disappointments, Sadness, and Failures – Deborah Owen-Sohocki</li> </ul> <p><b>SCHOOL TRACK</b></p> <ul style="list-style-type: none"> <li>Class Meetings: A Tool for Promoting Mental Health and Resilience – Kelly Gfroerer &amp; Eva Dwight</li> <li>A Systematic Approach to Developing a Positive School Culture and Climate Through Positive Discipline – Teresa LaSala &amp; Kathleen McClay</li> </ul> <p><b>ADLERIAN TRACK</b></p> <ul style="list-style-type: none"> <li>We vs. Me Based on Adler's Concept of Social Interest – Marwa Reda</li> </ul> <p><b>ADDITIONAL OFFERING</b></p> <ul style="list-style-type: none"> <li>Aging Gracefully with Positive Discipline: Applying Adlerian and Montessori Principles in the Four Planes of Development – Yogi Patel</li> </ul>	<p>Augusta</p> <p>Savannah</p> <p>Suwanee</p> <p>Heritage</p> <p>Marieta</p> <p>Dahlonega</p>
11:45 AM – 1:00 PM	<b>Lunch on your own</b>	
1:00 PM – 2:00 PM	<p><b>PARENTING TRACK</b></p> <ul style="list-style-type: none"> <li>Positive Discipline Parenting Tools – Brad Ainge</li> <li>Positive Discipline: Finding Balance in Today's Busy World – Joy Marchese</li> </ul> <p><b>SCHOOL TRACK</b></p> <ul style="list-style-type: none"> <li>Exploring Positive Discipline Lab Schools – Cathy Kawakami</li> <li>The Dual Facets of Artificial Intelligence (AI) in Education – Esmat Lamei</li> </ul> <p><b>ADDITIONAL OFFERING</b></p> <ul style="list-style-type: none"> <li>Positive Discipline Tools for Kids – Lois Ingber, Jane Nelsen, Aisha Pope, &amp; Mary Tamborski</li> </ul>	<p>Savannah</p> <p>Augusta</p> <p>Suwanee</p> <p>Marieta</p> <p>Heritage</p>

Time	Session	Room
2:00 PM – 2:15 PM	Afternoon Break	
2:15 PM – 4:15 PM	<p><b>PARENTING TRACK</b></p> <ul style="list-style-type: none"> <li>Positive Discipline with Teens: Getting Into Their World to Create a Safe Space for Connection – Casey O’Roarty</li> <li>Executive Dysfunction, What’s Your Function? Supporting Autism and ADHD with Positive Discipline Parenting – Natasha Nelson</li> </ul> <p><b>SCHOOL TRACK</b></p> <ul style="list-style-type: none"> <li>A Day at Preschool: Practical Skills for a Complicated Time – Steven Foster &amp; Cheryl Erwin</li> <li>From Laddership to Leadership: Examining Student-Centered Skills for Building Cooperative Classroom Communities – Eva Dwight</li> </ul> <p><b>ADLERIAN TRACK</b></p> <ul style="list-style-type: none"> <li>Understand Yourself and Others: Using Adlerian Concepts to Communicate More Effectively – Becky Divinski</li> </ul> <p><b>ADDITIONAL OFFERING</b></p> <ul style="list-style-type: none"> <li>Team Psychological Safety and Positive Discipline – Chantal Bourges</li> </ul>	<p>Savannah</p> <p>Heritage</p> <p>Augusta</p> <p>Oglethorpe</p> <p>Suwanee</p> <p>Dahlonega</p>
4:20 PM – 4:50 PM	<b>CLOSING SESSION:</b> Empowering Youth with Positive Discipline – Esmat Lamei & Jane Nelsen	Heritage
4:50 PM – 5:00 PM	Check-Out	Buckhead

## CANCELLATION POLICY

- A full refund (minus a \$35 processing fee) will be given when the request for a refund is made up to 30 days prior to conference date.
- Refunds are not available for cancellations less than 30 days before the conference date. However, paid registrants can transfer to future PDA training event including workshops within one year at no additional cost.
- Refunds are not available after a transfer is made or if you do not provide advanced notice that you will not be attending the event.
- Participants will be notified by email if for any reason the event is cancelled.

For **special needs accommodations**, please contact [conference@positivediscipline.org](mailto:conference@positivediscipline.org)

# CONFERENCE TRACKS

## FULL SESSION DESCRIPTIONS

### OPENING PANEL

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#### **Positive Discipline for Children with Special Needs – Talin Yesaie, Steven Foster, Jane Nelsen, and Natasha Nelson**

Join our panel discussion on the power of Positive Discipline for children with special needs. Learn effective strategies for fostering a supportive and nurturing environment while addressing unique challenges. Gain insights from experienced professionals and discover practical tools for promoting self-regulation, social-emotional growth, and overall well-being.

### CLOSSING SESSION

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#### **Empowering Youth with Positive Discipline – Esmat Lamei and Jane Nelsen**

This is an interactive session on the implementation of the Positive Discipline Empowered Youth Forum (PDEYF) at the Oasis International School (Positive Discipline Association Lab School). Jane Nelsen, Founder of Positive Discipline, and Esmat Lamei, the Oasis School Director, will provide an overview of the program with examples of how student leaders facilitated group problem-solving sessions among students from their school and those of other K-12 schools (in person and online). More specifically, they will share about the learning, insights, and skills students reported developing through the process.

### ADLERIAN TRACK

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#### **Understand Yourself and Others: Using Adlerian Concepts to Communicate More Effectively – Becky Divinski**

Communicating effectively with others is a critical skill in life. When we interact with others who have differing ways of communicating, sometimes we experience frustration and conflict. During this session you will get to practice working with the four lifestyle priorities that affect how people communicate with one another.

#### **We vs Me Based on Adler's Concept of Social Interest – Marwa Reda Hamdy Ashour**

Our birth order has an influence on our early decisions, behaviors, and lifestyles. We seek recognition, reward, and attention from others. We get concerned about others' judgement and use coping strategies to fit in. Feeling real belonging & significance (social Interest) is to contribute and cooperate usefully.

# CONFERENCE TRACKS

## FULL SESSION DESCRIPTIONS

### PARENTING TRACK

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#### **Positive Discipline Parenting Tools – Brad Ainge**

Parenting is the most rewarding job in the world. It can also be the most challenging. That is why I embarked on a yearlong adventure of implementing one Positive Discipline tool per week. I will be sharing what I learned.

#### **Positive Discipline: Finding Balance in Today's Busy World – Joy Marchese**

With the increasing pressure to excel at parenting, work, and personal relationships, it's easy to feel stressed and dissatisfied. This session will give parents the tools to parent effectively without compromising their own well-being and self-care. Instead of creating unachievable expectations, parents will learn how to play to their strengths at work and at home, making their overburdened lives a little bit easier.

#### **Positive Discipline with Teens: Getting Into Their World to Create a Safe Space for Connection – Casey O'Roarty**

This session will take participants on a journey of deeper understanding of the teen experience and how to be more effective advocates for the kids in their care. Participants will practice strategies for repair relationship and communication tools for encouraging and deepening connection.

#### **Executive Dysfunction, What's Your Function? Supporting Autism and ADHD with Positive Discipline Parenting – Natasha Nelson**

Executive Dysfunction, What's Your Function? Supporting Autism and ADHD with Positive Discipline teaches parents what executive function and self regulation skills are, how autism and ADHD affect executive function, and how to connect, observe, and actively and reflectively listen to their neurodivergent children to focus on solutions and support.

#### **Using Positive Discipline to Respond to the Mental Health Crisis – Noha Alshugairi**

The workshop will begin by sharing some relevant current statistics related to mental health. Then I will connect these numbers to the lack of self-soothing among young people. That will be followed by listing and discussing some strategies that train children in self-soothing.

#### **The Courage to be Imperfect: Preparing our Children for Loss, Disappointments, Sadness, and Failures – Deborah Owen-Sohocki**

Many children are feeling hopelessness and uncertainty in today's world, and exhibit depression and anxiety at early ages. Teen suicides, drug use, and self-harming are increasing. In this session, we will experience PD tools, Adlerian principles, and somatic exercises to give our children anchors to weather any storm.

# CONFERENCE TRACKS

## FULL SESSION DESCRIPTIONS

### SCHOOL TRACK

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#### **Exploring Positive Discipline Lab Schools – Cathy Kawakami**

Have you ever heard of a PDA Lab School and wondered what that is? If you are working with or in schools, join us to learn more about our Lab Schools and the many benefits of the deep and integrated work they are doing.

#### **From Laddership to Leadership: Examining Student-Centered Skills for Building Cooperative Classroom Communities – Eva Dwight**

Participants will examine traditional classroom management tools of "power over," compared to tools that grow students' willingness to cooperate by emphasizing "power with." Participants will consider the positive impact of "power with" skills on classroom environment and achievement, and determine how to embed them into daily learning activities.

#### **Class Meetings: A Tool for Promoting Mental Health and Resilience – Kelly Gfroerer & Eva Dwight**

Participants will learn basic components of class meetings and experience a mock class meeting, demonstrating how the process provides opportunities to practice skills that increase connection and collaboration in the classroom. Current research, as well as student and teacher testimonials will demonstrate the effectiveness of this approach in grades K–12.

#### **A Day at Preschool: Practical Skills for a Complicated Time – Steven Foster & Cheryl Erwin**

Participants will be guided through a typical preschool day, beginning with arrival and working through each segment and transition. Participants will develop specific tools and language to implement Positive Discipline ideas in the early childhood classroom.

#### **A Systematic Approach to Developing a Positive School Culture and Climate Through Positive Discipline – Teresa LaSala & Kathleen McClay**

Whole school implementation of Positive Discipline develops social emotional and life skills while simultaneously enhancing and improving school culture and climate. Participants will be introduced to a systematic school improvement process and engage in activities for building a PD School Climate Team that is effective and sustainable.

#### **The Dual Facets of Artificial Intelligence (AI) in Education – Esmat Lamei**

With the development of technology, the world is witnessing a major change in the requirements in the world of work for which new generations need to be prepared. Through role-playing and reflection, the activity will highlight the importance of fostering student autonomy and responsible use of AI.

# CONFERENCE TRACKS

## FULL SESSION DESCRIPTIONS

### ADDITIONAL OFFERINGS

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#### **Team Psychological Safety and Positive Discipline – Chantal Bourges**

In this presentation you will learn what the foundation of Psychological Safety is and identify its seven pillars. You will then discover the connection with Positive Discipline and identify tools that can be used to develop Team Psychological Safety and thus increase team performance.

#### **Positive Discipline Tools for Kids – Lois Ingber, Jane Nelsen, Aisha Pope, and Mary Tamborski**

Living in community requires skills for cooperation. Positive Discipline Tools for Kids includes 33 illustrated cards and a Guidebook for teaching social-emotional skills to children and youth. Participants will learn about the program and practice facilitating Guidebook lessons. Facilitated by Dr. Jane Nelsen and the three co-authors.

#### **Aging Gracefully with Positive Discipline: Applying Adlerian and Montessori Principles in the Four Planes of Development – Yogi Patel**

This experiential session, guided by Adlerian and Montessori principles, explores fostering belonging, significance, and meaningful contributions in children and aging. Discover valuable insights for cultivating purpose and contribution across the lifespan.

# CONFERENCE PRESENTERS

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**Presenter:** Brad Ainge, CEO of Empowering People, Positive Discipline Educator

**Session Title:** Positive Discipline Parenting Tools

**Bio:** CEO of Empowering People, Inc. (DBA Positive Discipline). As a full-time single dad he gained a wealth of experience that he shared in the book, Positive Discipline Parenting Tools, which he co-authored with his mom, Dr. Jane Nelsen and his sister, Mary Nelsen Tamborski.



**Presenter:** Casey O'Roarty, M.Ed.

**Session Title:** Positive Discipline with Teens: Getting Into Their World to Create a Safe Space for Connection

**Bio:** Casey O'Roarty, Med, is a facilitator of personal growth and development, Positive Discipline Lead Trainer, podcast host and parent coach. Her work encourages parents of adolescents to discover the tools and mindset shift needed to deepen their relationship with themselves and their families.



**Presenter:** Natasha Nelson, Positive Discipline Educator

**Session Title:** Executive Dysfunction, What's Your Function? Supporting Autism and ADHD with Positive Discipline Parenting

**Bio:** Natasha Nelson is a Certified Positive Discipline Educator(CPDE), veteran, disability advocate, and Neurodivergent mother to two autistic Black girls. Natasha has over seven years of exemplary leadership in the United States Army, over 5 years using Positive Discipline, and over a decade of experience public speaking and facilitating.



**Presenter:** Noha Alshugairi, LMFT

**Session Title:** Using Positive Discipline to Respond to the Mental Health Crisis

**Bio:** Noha Alshugairi received M.S. in Counseling from California State University, Fullerton, and her B.A. in Zoology from Rutgers University. She is a Licensed Marriage and Family Therapist in private practice in California. Noha is the co-author of the book "Positive Parenting the Muslim Home."



# CONFERENCE PRESENTERS

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**Presenter:** Deborah Owen-Sohocki, LPC

**Session Title:** The Courage to be Imperfect: Preparing our Children for Loss, Disappointments, Sadness, and Failures

**Bio:** Deborah Owen-Sohocki is an international educator and trainer, author, and licensed psychotherapist specializing in Adlerian psychology, grief and loss. She is a Positive Discipline Lead trainer who has been working with PD in her life personally and professionally since 1988. Deb has two sons, four step children and six grandchildren.



**Presenter:** Cathy Kawakami, Positive Discipline Lead Trainer

**Session Title:** Exploring Positive Discipline Lab Schools

**Bio:** Cathy is a Positive Discipline Lead Trainer in parenting, classroom and early childhood education and has been offering school training and facilitating Positive Discipline workshops for over 12 years. She offers coaching to families and educators and has additional expertise in early childhood education and working with parent participation schools.



**Presenter:** Eva Dwight, M.Ed.

**Session Title:** From Laddership to Leadership: Examining Student-Centered Skills for Building Cooperative Classroom Communities

**Bio:** After teaching English Language Arts for 12 years, Eva Dwight earned her Master's Degree in Educational Counseling and worked as a school counselor in Mesa, AZ for 20 years. She is a Certified Positive Discipline Trainer; a Parent/Educator Coach; and she serves on the PDA Board of Directors.



**Presenter:** Kelly Gfroerer, Ph.D. & Eva Dwight, M.Ed.

**Session Title:** Class Meetings: A Tool for Promoting Mental Health and Resilience

**Bio:** Dr. Kelly Gfroerer is the Executive Director for the Positive Discipline Association. She is a Positive Discipline Trainer. Kelly has been a teacher, school counselor, and educational consultant working in the Atlanta area for over two decades. Kelly is co-author with Dr. Jane Nelsen of the book, Positive Discipline - Tools for Teachers. It is based on the Positive Discipline Tool Cards for Teachers which they also created.

# CONFERENCE PRESENTERS

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**Presenter:** Steven Foster, LCSW & Cheryl Erwin, LMFT

**Session Title:** A Day at Preschool: Practical Skills for a Complicated Time

**Bio:** Steven Foster has over thirty years' experience with young children. Trained as a clinical social worker, he has worked in both mental health and education. He is a Positive Discipline Lead Trainer and co-author. Currently, Steven is in private practice as a Positive Discipline trainer, consultant, and coach.



Cheryl Erwin is a Certified Positive Discipline Lead Trainer, a marriage and family therapist, and the co-author of numerous titles in the Positive Discipline library's. She has been the Mental Health Consultant for Early Head Start at the University of Nevada, Reno, and is a popular international speaker and trainer.



**Presenter:** Teresa LaSala & Kathleen McClay, Positive Discipline Lead Trainers

**Session Title:** A Systematic Approach to Developing a Positive School Culture and Climate Through Positive Discipline

**Bio:** Teresa LaSala, PD Lead Trainer, Co-author of three Positive Discipline in the School and Classroom Manuals, Culture Climate Specialist and ASCD faculty member, provides training and services globally for schools and communities. She is a child advocate committed to modeling and living by Adlerian principles.



Kathleen McClay is a trainer with the Positive Discipline Association and Specialist with the School Culture and Climate Initiative of Saint Elizabeth University. Her teaching and leadership experiences have inspired in her a passion to help children thrive socially and emotionally and support K-12 educators in building positive school climate.



**Presenter:** Chantal Bourges, M.Fin., Coach PCC (ICF certification)

**Session Title:** Team Psychological Safety and Positive Discipline

**Bio:** Chantal is a certified Positive Discipline Leader Trainer with extensive international experience. Co-founder of the Association Discipline Positive France, she has also served as a director on the international board of the Positive Discipline Association. She is married and has five children between the ages of 19 and 31.

# CONFERENCE PRESENTERS

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**Presenter:** Yogi Patel, Positive Discipline Trainer

**Session Title:** Aging Gracefully with Positive Discipline: Applying Adlerian and Montessori Principles in the Four Planes of Development

**Bio:** Yogi Patel is a Master Trainer for Empowering People in the workplace and a Trainer for the Positive Discipline Association. She is a Montessorian who has founded two schools and, as the founder of Yogi Patel - Transformation Through Empowerment, supports workplaces, teachers, and parents.



**Presenter:** Lois Ingber, LCSW, Jane Nelsen, Ed.D., Aisha Pope, LCSW, and Mary Tamborski, MA., LMFT

**Session Title:** Positive Discipline Tools for Kids

**Bio:** Lois Ingber, LCSW, CPDLT has 35+ years experience providing services to children, youth, families and educators in various settings using Adlerian Psychology and Positive Discipline. Lois currently serves as Behavioral Counselor in a San Diego charter school. Lois is co-author of the "Positive Discipline Tools for Kids" social-emotional skills program.



Dr. Jane Nelsen is the author of the Positive Discipline series and co-founder of a worldwide movement in over 80 countries, through the Positive Discipline Association. Enthusiasm continues to grow as parents, teachers, couples and business leaders have experienced stronger relationships as a result of training in Positive Discipline.



Aisha Pope is a Certified Positive Discipline Lead Trainer from San Diego, California. She is the co-founder of Roots And Wings Consulting, and is a Licensed Clinical Social Worker and Program Director at the San Diego Center for Children. Aisha specializes in serving marginalized communities. Aisha has been married for 20 years to her husband Donald, and is the proud mom of 16-year-old Jayden and 8-year-old Maya.



Mary Nelsen Tamborski, wife and mother of three sons, is a Licensed Marriage and Family Therapist with a full-time private practice in San Diego. She is also a Certified Positive Discipline Trainer and Parenting Coach. Mary is co-author of the "Positive Discipline Parenting Tools book," and "Keeping the Joy in Marriage Tool Cards" and eBook of the same title, with her mother, Jane Nelsen. She is a popular international keynote speaker, Positive Discipline Trainer, and workshop presenter.

# CONFERENCE PRESENTERS

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**Presenter:** Becky Divinski, Positive Discipline Lead Trainer

**Session Title:** Understand Yourself and Others: Using Adlerian Concepts to Communicate More Effectively

**Bio:** Becky is a Certified Positive Discipline Lead Trainer with 10+ years of experience facilitating Positive Discipline trainings including Positive Discipline in the Classroom and Early Childhood to staff at schools, Positive Discipline classes, workshops, and talks to parents, and team-building workshops for adults using the Positive Discipline concepts and tools.



**Presenter:** Marwa Reda Hamdy Ashour, Positive Discipline Trainer

**Session Title:** We vs Me Based on Adler's Concept of Social Interest

**Bio:** Marwa is a Positive Discipline Trainer in Parenting. She is a Certified Positive Discipline Educator in Classroom & a Positive Discipline Facilitator in both Empowering the People in The Workplace & Keeping the Joy In Relationships. She is a Certified Encouragement Consultant and on her Certification of being ADHD Family Coach.



**Presenter:** Joy Marchese, Positive Discipline Lead Trainer

**Session Title:** Positive Discipline: Finding Balance in Today's Busy World

**Bio:** Joy is a global educational consultant, co-author of Positive Discipline for Today's Busy (& Overwhelmed) Parent, speaker, and coach. As the Founder of Positive Discipline UK, she's worked with thousands of children, parents, teachers, and professionals. Joy's expertise extends to developing SEL courses and products, empowering individuals in organizations worldwide.



**Presenter:** Talin Yesaie, LMFT, Positive Discipline Trainer

**Panel:** Positive Discipline for Children with Special Needs

**Bio:** Certified Positive Discipline Trainer and Licensed Marriage and Family Therapist. Talin works in the San Diego area with children, teenagers, and families. Co-Founder of Roots and Wings Consulting.



**Presenter:** Esmat Lamei, Positive Discipline Trainer

**Closing Session:** The Dual Facets of Artificial Intelligence (AI) in Education

**Bio:** Founder and CEO of Groupe Scolaire Oasis. Esmat is a Positive Discipline Trainer in Egypt. She has over 30 years of experience heading and leading K-12 schools in Cairo.

# SCHEDULE



## 2024 ATLANTA CONFERENCE

**8:30 AM – 9:00 AM**

Check-In | Bookstore | Continental Breakfast

**9:00 AM – 10:00 AM**

Opening Session

**10:00 AM – 10:15 AM**

Morning Break

**10:15 AM – 11:45 AM**

**Choose your own track**

**11:45 AM – 1:00 PM**

Lunch on your own

**1:00 PM – 2:00 PM**

**Choose your own track**

**2:00 PM – 2:15 PM**

Afternoon Break

**2:15 PM – 4:15 PM**

**Choose your own track**

**4:20 PM – 4:50 PM**

Closing Session

**4:50 PM – 5:00 PM**

Check-Out | Bookstore