This 1-day interactive workshop is designed for teachers, counselors, school staff, administrators as well as camp counselors and other professionals working with children in groups.

**About the Trainer:**

Kelly Gfroerer, Ph.D., is Executive Director of the Positive Discipline Association. She has worked as a teacher, school counselor, and educational consultant in the greater Atlanta area for over two decades. Kelly is the co-author with of, *Positive Discipline Tools for Teachers* and *Positive Discipline Tool Cards for Teachers.*

**Why Positive Discipline Class Meetings?**

Many teachers use circle time, morning meetings, or what they call class meetings. Most of these meetings are “teacher generated.” In other words, the teacher decides what should be discussed or follows a program with suggested topics designed to teach students about these topics. Positive Discipline class meetings are designed to be “student generated,” and to “focus on solutions,” meaning that the students and teacher put their concerns on an agenda and then everyone brainstorms for solutions. Through this format, students
learn from the inside out by being involved, instead of from the outside in—lectures or lessons taught by others. The root of education is educaré, which means “to draw forth.” When adults “teach” by “drawing forth,” students feel capable, belonging and significance, and more motivated to follow the solutions they help create.

Positive Discipline Class Meetings provide an opportunity for students to learn valuable social and life skills for good character:

- Listening skills
- Brainstorming skills
- Problem-solving skills
- Mutual respect
- The value of cooling off before solving a problem. (Problems are put on the class meeting agenda so a cooling off period takes place before focusing on solutions to the challenge.)
- Concern for others
- Cooperation
- Accountability in a safe environment. (People don’t worry about admitting mistakes when they know they will be supported to find solutions instead of experiencing blame, shame, or pain.)
- How to choose solutions that are respectful to everyone concerned
- That mistakes are wonderful opportunities to learn

The following format creates structure to accomplish the above:

Class Meeting Format:

1. Compliments and appreciations
2. Follow up on prior solutions
3. Agenda items
   a. Share feelings while others listen
   b. Discuss without fixing
   c. Ask for problem-solving help
4. Future plans (field trips, parties, projects)

Eight Skills for Effective Class Meetings:

1. Forming a circle.
2. Practicing compliments and appreciations.
3. Respecting differences.
4. Using respectful communication skills.
5. Focusing on solutions.
6. Role-playing and brainstorming.
7. Using the agenda and class meeting format.
8. Understanding and using the mistaken goals.