



Conscious Discipline®

Powers of RESILIENCE

*Stay Sane Amidst
Insanity*

Learn how to live a life that reflects your values and vision, creating the home, school culture, and community that you truly want to see!

***Space is
limited to 50!
Register by May 5.***

Powers of Resilience: Stay Sane Amidst Insanity

is a three-day Conscious Discipline course that blends an E-learning platform with in-person facilitated sessions. Dive into a learning experience that is designed to help educators ***at any grade level*** develop their inner resources and create purposeful positive change in their lives!

Optional:
Two graduate credit
hours are available from
MidAmerica Nazarene
University for \$150.
*Participants must attend
all three training days

When: June 3 - 5, 2025

Time: 8:00 am - 4:00 pm

Place: Hageman MPR, 409 W. Cloud St.

Who: Both Elementary and Secondary certified
staff serving a Salina Public School

Trainer: Karas Fairchild, Heartland Mental Health Consultant

Karas has worked in the family services field for 15 years and thrives on leading this 3-day training with humor and easy to understand analogies and connections.

REGISTER HERE

[https://forms.
gle/eqLwFDX
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***With consciousness
comes the opportunity
to choose differently and
make lasting changes in
your personal life and the
lives you touch.***