

# Day One

Keynote • 8:30 – 9:05 am

## “Teaching is Tough, But So Are You! Putting the Oxygen Mask on Yourself First” – MaryAnn Brittingham

It's true that less than 5% of our students take up 80% of our time and energy! Join MaryAnn for a lively keynote on how to take care of yourself so you can better work with all of your students, not just the challenging ones.

## MORNING SESSIONS • 9:15 – 11:50 am

Choose **ONE** Full Morning Session OR **TWO** 70-Minute Sessions  
*One mid-morning break*

### Full Morning Session • 9:15 – 11:50 am

#### **A-1: Key Elements that Make Restorative Discipline Work** – Chick Moorman

What really works long term to reduce students' problematic behavior and increase their desire to act responsibly and respectfully? Learn the building blocks to successful implementation of Restorative Discipline in your classroom or school. What works and what doesn't work when dealing with challenging behavior and how you can start or improve your current behavior plan to move toward implementing Restorative Practices.

### 70-Minute Sessions • 9:15 – 10:25 am

#### **CHOOSE ONE: A-2 or A-3**

##### **A-2: Practical Strategies to Effectively Respond to Power Struggles**

– MaryAnn Brittingham

Learn a highly effective response strategy to defuse power struggles. Proven techniques to de-escalate power struggles and rebuild trust. Specific strategies to avoid escalating potential power struggles – what you can say and how to say it. Change the way you communicate with students in order to change their behavior.

##### **A-3: Strategies to Create a Connected Classroom in Seconds** – Alan Krenek

Discover the power of 60 Second Relate Breaks and Two-Minute Connections. These proactive tools give teachers the time to build and sustain relationships in micro-frequencies. A connected classroom is literally seconds away!

### 70-Minute Sessions • 10:40 – 11:50 am

#### **CHOOSE ONE: A-4 or A-5**

##### **A-4: Why Behavior Plans Fail and How to Plan for Success** – MaryAnn Brittingham

If the traditional behavior plan model is not working for your students, you won't want to miss this session! MaryAnn will show you why they don't work and what you can do instead. You will gain practical strategies and valuable tips for helping students take responsibility for their behavior and how you can break down the new behavior into small, doable steps.

##### **A-5: GTKY Circles: Building Relationships One Circle at a Time** – Alan Krenek

Many times, circle is the vehicle used when attempting to repair relationships that have been harmed, but they aren't solely for repairing relationships. The most powerful tool in regards to building real relationships are Get To Know You (GTKY) Circles. GTKY Circles build greater classroom community by allowing everyone's voice to be heard. Attendees will discover how to prepare, facilitate and manage classroom relationship circles. When you start a conversation with someone, you never know where it will go; trust the process!



“Endless strategies,  
tips and ideas.”

– Lorraine Comins, Educator



“I'm leaving with incredible  
ideas and I'm excited to use  
them tomorrow!”

– Katie McFarland, Director of  
Professional Development



### Team Discount

#### ONE DAY

One Person: \$289

#### BOTH DAYS

One person: \$479

Team of 3+: \$459 per person  
when enrolled at the same time

Lunch break on your own • 11:50 am – 1:05 pm (A great time to network with colleagues!)

... “Enlightening” “Realistic” “Practical” “Helpful” ...



# Day One

## AFTERNOON SESSIONS • 1:05 – 3:35 pm

Choose **ONE** Full Afternoon Session OR **TWO** 70-Minute Sessions  
*One mid-afternoon break*

### Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at [www.ber.org/online](http://www.ber.org/online)



### Who is BER?

The Bureau of Education & Research is North America's leading presenter of training for professional educators. Our goal is to provide high-quality PD programs, based on sound research, with an emphasis on practical strategies and techniques that can be immediately implemented.

### Full Afternoon Session • 1:05 – 3:35 pm

#### **B-1: Doing Discipline Differently: Restorative Practices Offer a Differentiated Approach** – Alan Krenek

Traditional consequences work well for traditional students. Typically, traditional students aren't being sent to the office over and over again. Gain tools and strategies you will be able to implement immediately in your Restorative Discipline program to help meet the needs of your most challenging students. Utilize a proactive approach; focusing on strategies, needs and outcomes to determine new alternatives to traditional consequences.

#### First 70-Minute Afternoon Sessions 1:05 – 2:15 pm

#### **CHOOSE ONE: B-2 or B-3**

#### **B-2: Developing Rules and Procedures for a Highly Effective Restorative Classroom Environment** – Chick Moorman

Our students need structure and stability in order to predict what happens next and reduce anxiety. Discover practical and doable steps for setting up ritual and order in positive ways, how to look at rules and procedures differently and four alternatives to rules you can use. Learn how you can intentionally invite students to positively participate with strategies that build trust, respect and an optimistic outlook on school and life.

#### **B-3: Strategies to Empower Your Students and Yourself to Understand and Control Anger** – MaryAnn Brittingham

Highly effective, practical strategies to help students and educators rationally and calmly work through problems before and after they get angry. By understanding the cycle of anger, we can better teach our students and ourselves to avoid becoming angry when confronted or provoked. Ideas you can use immediately!

#### Second 70-Minute Afternoon Sessions 2:25 – 3:35 pm

#### **CHOOSE ONE: B-4 or B-5**

#### **B-4: Specific, Student-Proven Strategies to Teach Interpersonal Skills and When to Move to Consequences** – Chick Moorman

Problematic behaviors are often a sign that students do not have the skills to respond effectively to situations involving others and themselves. We can and should teach these lifelong skills and see great results both short and long term. In this session, you will learn highly effective and ready-to-use strategies to teach students how to respond appropriately to any problematic situation. When and how to move to consequences.

#### **B-5: Maximize the Impact that Empathy, Shame and Vulnerability Can Have in Restorative Practice Circles** – MaryAnn Brittingham

Circles provide a practical place for the resolution of underlying feelings that intrude into the classroom and disrupt learning. By expressing feelings that are witnessed by others, and getting acknowledgement from others, many students are able to put their problems aside and move on with the school day. Learn how to process these feelings for greater results.

### Can't Attend? Online Professional Development Option:

### Related Online Courses

Two related On Demand Video-Based Online Learning courses, *Restorative Discipline: Help Students Improve Their Behavior and Strengthen Their Learning*, for Grades K-12, and *Discipline Strategies for Dealing with Challenging, Difficult Students*, for Grades K-2, Grades 3-6, and Grades 6-12, are available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Day Two

## MORNING SESSIONS • 8:30 – 11:15 am

Choose **ONE** Full Morning Session OR **TWO** 75-Minute Sessions  
*One mid-morning break*

### Full Morning Session • 8:30 – 11:15 am

#### **C-1: Practical Ideas and Strategies to Develop a Restorative Mindset**

– *MaryAnn Brittingham*

We have to change the way we think about discipline if we want to reduce disruptive or challenging behavior. Restorative Practices have the power to help students self-regulate and make better decisions consciously, but it may require educators to think differently about the causes of behavior. Discover how you can help yourself and others move from a fixed mindset to a growth, restorative mindset to help your students believe that they have the power to determine their own success in school and in life.

#### First 75–Minute Morning Sessions 8:30 – 9:45 am

#### **CHOOSE ONE: C-2 or C-3**

#### **C-2: The Missing Link: Debriefing After the Interaction** – *Chick Moorman*

Debriefing is a powerful tool for taking advantage of the teachable moment, but is often overlooked and not used to its full potential. Learn how to master it through the use of the 3D Model for debriefing. You will learn how to use this easy and highly effective model, review real examples and practice it for immediate use when you return to your students.

#### **C-3: Re-Entry Circles: Breaking the Cycle of Removals** – *Alan Krenek*

Re-Entry Circles are the key to breaking the vicious cycle so many students find themselves in. In this session, you will gain greater understanding as to what it entails to plan, prepare, and facilitate a Re-Entry Circle, as well as how to create plans to ensure that our students are completely supported upon return for greater success!

#### Second 75–Minute Morning Sessions 10:00 – 11:15 am

#### **CHOOSE ONE: C-4 or C-5**

#### **C-4: Practical Strategies to Effectively Connect Consequences to Behavior**

– *Chick Moorman*

We aren't doing our students any favors if we don't hold them accountable for their behavior, and when holding them accountable, it matters less *what* you do and more about *how* you do it. Join Chick for this strategy-packed session on how to give controlled choice and consequences that fit the behavior. Look closely at the 3 R's of consequences and most importantly, learn the steps on how to verbally present them to students.

#### **C-5: Treatment Agreements: Moving Away from Rules** – *Alan Krenek*

The Treatment Agreement is a foundational component of Restorative Practices that focuses on how we treat one another and replaces traditional rules. You will learn how to construct a Treatment Agreement as well as a strategic plan for implementing and utilizing it on a daily basis. Create a new way to facilitate greater student accountability!

### 11:15 am – 12:30 pm • Lunch Break (on your own)

## On-Site Training

Conferences like this one along with many other topics can be brought to your school or district. Please view all of our On-Site PD options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak with an On-Site Training PD Consultant.

## Comprehensive Resource Handbook

You will receive an extensive resource handbook, specifically designed for this conference. Included in the handbook are resource materials for ALL conference sessions, even those you don't attend. These materials include:

- Strategies to transform your discipline system to one based on Restorative Practices that foster learning and growth
- Effective verbal skills that decrease conflict, promote emotional intelligence and communicate respect and caring
- Techniques to help students replace negative attitudes with positive ones
- Clear steps for helping students give up the victim stance and take personal responsibility for their choices and actions

*"I love the conference resource handbook! I could listen better instead of feeling the need to be constantly writing. I appreciated receiving the information for the sessions I couldn't attend!"*

– Marcia Wuest, Teacher



## Conference Locations & Hotel Accommodations



Join us in the Philadelphia suburb of **CHERRY HILL** and explore the shopping and dining options at the Cherry Hill Mall, Garden State Park town center, or stroll through historic Croft Farm.

### Conference Location:

Mansion on Main Street  
(856) 751-1717

### Overnight Accommodations:

SpringHill Suites – Voorhees  
(856) 782-2555

Mention you are attending this BER conference and reference group code “BER” prior to November 15, 2019 to receive the special rate of \$109 (Single/Double), rates subject to availability. Book online at <http://bit.ly/BER-Dec2019>



**CHICAGO** offers shopping options at the famed Magnificent Mile and Water Tower Place. The greater Chicago area also offers a diverse array of sightseeing opportunities, including Navy Pier.

### Conference Location and Overnight Accommodations:

Holiday Inn – Elk Grove Village  
(847) 437-6010

Mention you are attending this BER conference prior to November 22, 2019 to receive the special rate of \$109 (Single/Double), rates subject to availability.

# Day Two

## AFTERNOON SESSIONS • 12:30 – 3:10 pm

Choose **TWO** 75-Minute Afternoon Sessions • *One mid-afternoon break*

### First 75–Minute Afternoon Sessions 12:30 -1:45 pm

#### **CHOOSE ONE: D-1, D-2 or D-3**

##### **D-1: De-Escalation Strategies: Rules of Engagement** – *Chick Moorman*

Join Chick for a highly practical session on building your skills to de-escalate potential blow-ups. You will see find several different strategies including using the Response Continuum, the Rules of Engagement, avoiding language that escalates, and establishing your own mindset before moving in. Ideas you won't want to miss!

##### **D-2: Practical Strategies to Incorporate Mindfulness into Your Restorative Discipline Practices** – *MaryAnn Brittingham*

You've heard of mindfulness but are wondering how you can incorporate mindfulness practices into your already busy school day in ways that will actually make a difference for you and your students. A mindfulness practice will help students calm themselves and increase the chances they will be able to rejoin instruction. Join MaryAnn for an idea-packed session to learn how it can be done!

##### **D-3: Proactive Strategies for the Restorative Classroom** – *Alan Krenek*

Positive interactions help grow more positive behaviors. This session will give you specific strategies to reinforce and sustain positive interactions within the classroom. Learn how to create a Positive Spark Plan to build momentum in students for a connected classroom culture.

### Second 75–Minute Afternoon Sessions 1:55 – 3:10 pm

#### **CHOOSE ONE: D-4, D-5 or D-6**

##### **D-4: How to Repair Relationships and Avoid Repeat Offenses** – *Alan Krenek*

What rule was broken and who broke it? What is the punishment? This traditional model is not working for many of today's students. Discover how you can use the Repair Process to help our students take responsibility for their behaviors and be accountable to those impacted. Learn how Harm Repair Circles allow all parties to develop understanding and avoid blame.

##### **D-5: Restoration: Practical Strategies for Making Things Right** – *Chick Moorman*

See how you can walk students through the five steps to restoration to repair any damage or harm that has been done to others. You will discover how to make more effective decisions on helping students take ownership and finding restitution options to make amends. When and how to use suspension and the goals of reentry.

##### **D-6: Dealing with Team Members Who Don't Buy In to Restorative Practices** – *MaryAnn Brittingham*

Whether you have volunteer or mandatory involvement, there are always those who don't seem to have a stake in a schoolwide plan that may or may not make sense to them. Learn ways to communicate with colleagues that are not ready to jump into a new model of working with students' behaviors. Restorative Discipline can speak for itself – if you let it!

