

Workshop Title: Conscious Connections: How They Help with Power Struggles and De-Escalation Strategies

2024 Leadership and Life Skills Summit for Foster Youth

Workshop Duration: 50 minutes

Learning Description:

The principles in this workshop are based on a research-based program that helps adults stay calm enough to teach rather than punish in the face of perceived misbehavior. The program is called *Conscious Discipline*. However, in the context of foster care, we are framing this not as discipline but connection. So, the term we are using is: *Conscious Connections*.

Learning Outcomes: Participants will:

- Learn about the technique of “Pennies in a Jar” to build trust with young people and create a foundation to be able to challenge their growth.
- Discuss that behaviors come from feelings, feelings come from needs, and the effectiveness of seeking to address the need rather than focus solely on external behavior.
- Explore sample scenarios and discuss how to address them.

Diversity Issues Addressed:

Culture of Foster Care: Youth in and from foster care are connected by a common culture cultivated by shared experiences.

Handouts:

- To be determined

Agenda:

- 1.) Introduction and Purpose of Workshop
- 2.) What Does It Mean to Build Conscious Connections with Youth?
- 3.) Sample Scenarios and Discussions of Ways to Address.
- 4.) Additional Tips and Tools
- 5.) Question and Answer Portion

Training Outline:

1.) Introduction and Purpose of Workshop

- Trainer: Shares purpose of workshop and how their lived experience makes this a topic of high importance to them.

2.) What Does It Mean to Build Conscious Connections with Youth?

▪ Trainer: The principles in this workshop are based on a research-based program that helps adults stay calm enough to teach rather than punish in the face of perceived misbehavior. The program is called Conscious Discipline. However, in the context of foster care, we are framing this not as discipline but connection. So, the term we are using is: Conscious Connections.

3.) Sample Scenarios and Discussions of Ways to Address.

▪ Large Group Exercise: The trainer and participants explore sample scenarios, such as a foster parent calling in the middle of the night, asking to change placements. They discuss possible ways to respond.

4.) Additional Tips and Tools

▪ Trainer: Shared additional tips and tools, such as letting a young person know where you are driving them when they are en route to a new placement, letting a young person know what to expect regarding court, telling a person that schedule for a conference ahead of time, etc.

5.) Question and Answer Portion:

- *Do participants have any additional questions?*
- *What is one thing that you learned today that you plan to put into practice?*