

Become a Conscious Discipline Community Trusted Messenger

What is a Trusted Messenger?

Be a trusted person that helps parents navigate the challenge of raising a family. Share components of the Conscious Discipline program in a group setting to help parents and community members as they work with children. Trusted Messengers can submit these talks or seminars for a small stipend.

A Trusted Messenger is:

- A resident of Muskegon County
- Viewed by their community (neighborhood, social circle, church, etc.) as an influential/trusted person
- A person whose advice is sought out and listened to
- Willing to share what they learn with those around them

The Goal

Empower members of our community as Trusted Messengers in Muskegon County with transformational parenting knowledge, skills, and tools to support thriving families and filling parents' toolboxes.

Trusted Messenger Talk or Seminar

Trusted Messengers are asked to share Conscious Discipline content with people they know. This could be at a dinner, a faith-based class, a play date, or any other gathering of people. Arbor Circle will provide the content and materials you need.

What is Conscious Discipline?

Conscious Discipline is a transformative way of working with children. It helps us think about the reactions children have so we can model our emotions to help children control theirs. Conscious Discipline helps us build connections with children, which helps increase cooperation. Conscious Discipline is used in Head Starts and Great Start Readiness programs in Muskegon County.

Trusted Messenger Requirements

To become a Trusted Messenger, you must:

- Attend and complete 80% of the 10-week Conscious Discipline training series
- Attend a one-day training on how to share Conscious Discipline information
- Provide Conscious Discipline information to groups of at least 10 people

Each qualified completed talk or seminar is eligible for a \$50 stipend.

Directions for qualified talks or seminars will be covered in the Trusted Messenger training.



CONTACT

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