

2villages Workshops & Training



POSITIVE DISCIPLINE

✓ 2-Hour Positive Discipline Workshop

Focused. Practical. Immediately usable.
Deep dive into one topic so you can walk away with:

- A clearer understanding of what's happening
 - 1-2 tools you can use right away
- Language shifts that reduce daily friction

✓ 4-Hour Positive Discipline Workshop

Foundations + tools you can start using the same day

A more comprehensive experience where we:

- Break down what's driving behavior
- Introduce multiple Positive Discipline tools

Practice applying them to real-life situations

✓ 6-Hours Positive Discipline Workshop

Deeper learning + real-life application
For caregivers who want to go further:

- Learn how to decode behavior in the moment
- Build a full toolbox and when to use each tool

Practice real-life scenarios with guidance

✓ 6-Week Positive Discipline Training Series

Parenting isn't something you master in a day. It's something you build step by step, with support.

This 6-week series is designed to help you move beyond reacting in the moment to understanding your child, responding with confidence, and creating lasting change at home.

Over six weeks, we'll walk through the core foundations of Positive Discipline in a way that is:

- Practical and easy to apply in real life
- Supportive and non-judgmental
- Adapted complex family dynamics

Each session builds on the last so you're not just learning tools, you're learning how to think differently about behavior.

Topics Covered

- Foundations of Positive Discipline
- Discipline that teaches (kind AND firm)
- Practical tools for everyday life
- Understanding behavior more deeply
- Communication & problem solving
- Encouragement & long-term growth

✓ Add-On: Positive Discipline for Disabilities

A follow-up session designed to help you adapt Positive Discipline to your child's unique needs.

We focus on:

- Understanding behavior through a different lens
- Supporting regulation (yours and your child's)
- Adjusting expectations with flexibility and compassion
- Adapting tools to work in real life

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EXECUTIVE FUNCTIONING

✔ Supporting Executive Functioning

- *What is Executive Functioning?*
- *Why Approach Matters?*
- *Supporting Executive Functioning Skills*

✔ Executive Functioning Tools: Deep Dive

- *Creating Systems that Reduce Overwhelm*
- *Tools to support Executive Functioning Skills*
- *Building Independence Step by Step*

CAREGIVER SUPPORT

✔ Holding It All

- *Preventing Burnout*
- *Not So Perfect Parenting*
- *Repair After Rupture*
- *Reducing Guilt & Building Self-Trust*
- *Staying Regulated in Tough Moments*
- *Managing Triggers & Emotional Reactions*
- *Parenting Through Stress & Overwhelm*
- *Balancing Your Needs with Your Child's Needs*
- *Letting Go of Comparison*
- *Building Sustainable Parenting Habits*

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OTHER TOPICS

✔ Understanding Behavior

- *Why Your Child Isn't "Misbehaving"*
- *What's Driving This Behavior?*
- *The Hidden Beliefs Behind Behavior*

✔ Practical Tools

- *Connection Before Correction*
- *Rethinking Time-Out*
- *Encouragement That Builds Confidence*
- *Kind AND Firm Parenting*

✔ Family Dynamics

- *Routines That Actually Work*
- *Siblings Fighting*
- *Family Meetings Made Simple*

✔ In The Moment Support

- *What To Do In The Moment*
- *From Power Struggles to Problem Solving*
- *De-escalation & Staying Regulated*

✔ Supporting Communication

- *Say Less, Get More Cooperation*
- *When Kids Push Back*
- *Supporting Verbal Communication*
- *Supporting Non-Verbal Communication*