



Discover the Difference:

# Davis<sup>®</sup> Concepts for Life Workshop



# Unlocking potential

Are you an **educator** or a caring **parent**, navigating the challenges of supporting someone who struggles with focus, organization, or self-regulation?

Or are you a dedicated **psychologist** or **therapist**, feeling frustrated by the limitations of traditional therapies in addressing stress, anxiety, self-esteem, or interpersonal connections?

If any of these are you, you've come to the right place!



**"This workshop has revolutionized my inner and outer worlds!"**

**Workshop participant, Canada**



## What is the Davis Concepts for Life® Workshop?

The **Davis Concepts for Life® Workshop** explores cognitive diversity, providing insights and practical strategies to unlock potential and experience meaningful growth. Through an innovative approach, the workshop empowers individuals and their support networks to navigate challenges and embrace their unique strengths. The Davis approach celebrates neurodiversity, respects each individual, and builds on strengths to overcome challenges, it is a comprehensive framework for personal development.

# What you will gain

By the end of the workshop, you'll possess the understanding and tools to guide those you support through the Davis Concepts for Life® Program. You'll be equipped to facilitate growth in executive functioning, self-awareness, self-regulation, focus, stress management, organization, decision-making, relationship building, motivation, and personal responsibility.

## Insights, strategies and support

This comprehensive five-day workshop will enable you to:

- Gain practical mental strategies for self-awareness, self-regulation, and managing sensory experiences, ensuring you remain calm and relaxed while working with the individual.
- Develop a deep understanding of guiding individuals towards greater self-awareness and effective regulation of focus, stress, and energy levels.
- Practice engaging, hands-on activities to actively create fundamental life concepts, making learning interactive and enjoyable.
- Implement meaningful learning experiences in various settings, such as home, school, or external environments, using exploration to connect conceptual knowledge to personal identity. This deeper understanding of the world and establishes a firm foundation for lasting positive change.
- Gain simple yet effective strategies for recognizing, establishing, and maintaining order in the physical environment.
- Explore the core principles of the Davis Concepts for Life program, including essential cognitive concepts such as change, consequence, cause/effect, time, order/disorder, perception, emotion, motivation, responsibility, and relationship dynamics. These unlock new understanding of the world and encourage cognitive flexibility, personal responsibility and enabling fuller participation in life.
- Improve social integration by understanding concepts that facilitate positive behaviors, authentic connections, and nurturing relationships.
- Empower individuals to embrace their unique strengths and navigate daily challenges with resilience and confidence.
- Cultivate a support network to continue your journey beyond the workshop.

# What is covered in the Davis Concepts for Life® Workshop?

This comprehensive five-day workshop equips you with the knowledge and tools to guide someone (or yourself) through the Davis Concepts for Life Program, in order to help them to create meaningful change in a life they choose.

**The workshop covers the three-steps of the Davis Concepts for Life Program:**

## Step 1: Self-Regulation Strategies and Tools

You will be given a personal set of tools (mental strategies) to help you remain calm and relaxed while working with the individual you are supporting.

These tools enable co-regulation: the process whereby the support person can use their own sense of calmness to help the individual manage their emotions, in turn fostering self-regulation skills. You will then learn how to guide the individual to use the following self-regulation tools in order to become more present in the world, develop accurate perceptions, gain an awareness of self, and develop the ability to regulate their focus, stress and energy levels.



**"As you co-regulate with someone, the mirror neurons in their brain are activated, and this enables the person in the deregulated state to literally 'mirror' your calmness."**

**Caroline Leaf, PhD**

## Step 1 includes:

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### Auditory Orientation

The individual listens to a specially engineered sound through headphones leading up to and, if necessary, during program sessions. This auditory stimulus is affectionately referred to as the 'Davis ting' was designed by Ron Davis to help each individual to develop accurate, stable perceptions. This technique can greatly enhance a person's ability to maintain a calm state of focus.

### Release

A simple, effective technique to empower the individuals to manage their stress and anxiety levels.

### Dial

A visualization technique that enables the individual to monitor and regulate their energy levels according to any situation.

### Self-Orientation

This consolidates the feeling of focus established by the Auditory Orientation, and enables the participant to achieve and maintain focus without needing to use the auditory orientation sound.

### Koosh ball exercises

A fun, interactive way to practice maintaining focus, while strengthening neural pathways and improving balance and co-ordination.



**"I wish everyone in the world could do this workshop - not only to better help those around them, to better themselves. The Concepts for Life program is the single best thing I could have learnt. I wish I would have been able to take it sooner."**

**Workshop Participant  
Davis Concepts for Life**

## Step 2: Davis Life Concepts

This component of the program covers essential and foundational life concepts by using the multisensory medium of modelling clay to model these core concepts and capabilities.

Within the workshop, you will be taught how to facilitate the mastery of these life concepts.

### The workshop will cover how to:

- Actively create the following fundamental life concepts of:
  - change, consequence, cause and effect, before and after, time, sequence, order and disorder
  - continue, survive, perception, thought, experience
  - energy, force, emotion, want, need, intention
  - motivation, ability, control, responsibility
- Create meaningful, positive learning experiences in the home, school or external environment to actively explore these life concepts. This enables the individual to integrate their experiences into their personal identity, as a framework for understanding the world, and creates a solid foundation for stimulating positive and lasting change.
- Help an individual to establish order in their physical environment, determine order, and create and maintain order.
- Learn a strategy to develop self-responsibility. You will learn a strategy to foster self-responsibility through identifying which life concept/s have been missing or only partially integrated, and preventing or limiting that individual's capacity for self-responsibility.



## Step 3: Implementing meaningful change

This stage of the Davis Concepts for Life Program focuses on helping the individual to apply the concepts in their life to create meaningful change.

The workshop will cover how to facilitate the participant through the following exercises:

### Creating New Behaviors


Exploring behaviors that have had negative consequences and using the Davis Life Concepts to create desired outcomes and strategies.

### Strengthening executive functioning skills

Developing and integrating the self-regulation tools and core concepts to improve self-regulation skills.

### Improving Social Integration

Exploring concepts that create foundations for positive, healthy relationships and behaviors with others.

A purple rectangular box containing a testimonial quote in white text. The background of the entire page is a photograph of a large group of people sitting on a grassy hill at sunset, looking out over a city. The purple box is positioned in the lower-left quadrant of the page.

**"Davis Concepts for Life provides a sound structure about yourself and the world around. You can explore concepts that give you the power of control your life. You can then build the life you want and relationships based on your own preferences."**

Davis Concepts for Life Workshop participant



# What are the options for accessing the program/attending a workshop?

We have presenters throughout the world delivering the Davis Concepts for Life® Workshop. You can choose from two workshop options depending on what best suits your needs.

Option 1

**In-person**

**5**  
day

**workshop**

Attend a workshop  
at a physical venue

Option 2

**Online**

**5**  
day

**workshop**

Attend a workshop  
online, from the comfort  
of your home or office

**"Our lives are now  
'normal' – we laugh as a  
family, we cry as a family,  
we encourage one  
another, we strengthen  
one another. We hadn't  
experienced that before. I  
would encourage any  
family struggling as we  
were to consider  
exploring Davis Concepts  
for Life."**

**Mary Martin, mother  
(and now a Davis Concepts for Life Facilitator)**

# Contact Us

To find out more about Davis  
Concepts for Life Workshop



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**"The program gave us ways of questioning the 'hows' and 'whys' of difficult concepts, events and situations, and began to give my daughter both a sense of independence and ability to relate to others."**

**Mother, Davis Concepts for Life client**