



Discover the Difference:

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



# Unlocking Potential

Are you a **parent, educator, or therapist** navigating the complexities of supporting a child dealing with attention, executive functioning, or behavioral challenges during their formative years?

Does your spirited child have difficulty with transitions, change, or sharing?

Are you unsure how to help them with frustration, anxiety, and big emotions?

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



**"If you eliminate the reason the problem exists, the problem ceases to exist."**

**Ronald D. Davis**

# What is the Davis Concepts for Life® – Early Years Workshop?

The Davis Concepts for Life® – Early Years Workshop provides a unique approach tailored specifically for parents, teachers, and therapists of neurodivergent children facing social and emotional challenges in their early years.

This three-day group workshop takes you through every step of the Davis Concepts for Life® – Early Years program, providing you with comprehensive training on how to best work with a child at home, school or in a therapy setting.

Rooted in our philosophy of celebrating neurodiversity, the workshop will empower you with insights and innovative strategies to help children navigate challenges and embrace strengths, unlocking potential and fostering growth from the earliest developmental stages.

## Benefits for those you support

Young clients who have completed the Davis Concepts for Life® – Early Years program have experienced many positive changes. Some of the most significant improvements reported back include:

- better self-regulation (ability to calm themselves down)
- less anxiety
- reduced stress
- less resistance to change
- a willingness to try new things
- increased capacity to play with others
- increased understanding of cause and effect
- increased ability to follow instructions
- improved behavior
- willing and able to follow others' ideas/suggestions in groups and when playing
- improved reasoning
- willing to share own ideas



**“Educators who work with at risk kids NEED to take this workshop!”**

**Andy, teacher, US.**

# What you will gain

By the end of the workshop, you will have the knowledge and tools needed to effectively support your child or student through a Davis Concepts for Life® – Early Years program. You'll be able to help them increase self-awareness, improve self-regulation, and manage behavior more positively. You'll also be able to guide them to understand the impact of their actions on others, all while preserving their beautiful uniqueness and identity.

## Insights, strategies and support for you

This intensive three-day workshop will enable you to:

- Obtain practical mental strategies for self-awareness, self-regulation, and managing sensory experiences, ensuring you remain calm and relaxed while working with your child or student.
- Discover ways to build authentic connections and nurturing relationships that are crucial in early developmental stages of childhood.
- Equip your child with a simple, highly effective set of self-regulation strategies to help them manage stress, regulate their energy, and enhance their focus.
- Explore methods to help your child develop a greater awareness of both self and others.
- Guide your child to embrace their unique strengths and navigate daily challenges with resilience and confidence from an early age.
- Understand core principles of the Davis Concepts for Life® – Early Years program, including essential cognitive concepts such as change, consequence, cause and effect, time, sequence, and order versus disorder. These unlock a new understanding of the world and promote cognitive flexibility, enabling fuller participation in life.
- Develop the ability to teach and actively create these fundamental life concepts in a way that is tailored to your child's interests and needs, making learning interactive and enjoyable.
- Learn how to create meaningful, positive learning experiences in various settings, such as home, school, or external environments, to actively explore these life concepts. This enables the child 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.
- Acquire simple yet effective strategies for creating order in the environment.
- Master the art of guiding a child towards making good behavioral decisions that are more likely to create positive outcomes for themselves and others.
- Cultivate a support network to continue your journey beyond the workshop setting

# What is covered in the Davis Concepts for Life<sup>®</sup> – Early Years Workshop?

Our comprehensive workshop spans three days, offering ample time for immersive learning and practical experiences. Whether you join us in person or virtually, our experienced and skillful presenters provide guidance in a supportive and engaging environment.

With limited group size to ensure the highest quality of training, each day of the workshop is meticulously structured to cover essential topics, delivered through clear explanations, engaging demonstrations, Q&A sessions, and hands-on individual and pair-work practice using our signature clay modeling approach.

**The workshop covers the four steps of the Davis Concepts for Life<sup>®</sup> – Early Years Program:**

## Step 1: Tools for you

You will learn two mental strategies to help you remain calm and relaxed while working with a participant \*. These tools are called 'Release' and 'Dial'.

### Release

Release allows you to ease any stress, tension or anxiety they may be feeling. Neurodivergent individuals are often highly sensitive to their environment and the emotions of the people around them. When working with sensitive individuals, if we are feeling anxious we can inadvertently add to their own sense of anxiety. Maintaining a calm state provides a calm environment for the participant and enhances their receptiveness to learning.

### Dial

This is a visualization technique that enables you to determine and self-regulate personal energy levels. Both Release and Dial enable co-regulation– the process where you can use your own sense of calmness to help the participant manage their emotions, in turn fostering self-regulation skills.



**"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 2: Self-Regulation tools for the participant

The participant is guided to learn and use a number of focusing tools and self-regulation strategies. This process includes:

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### Auditory Orientation

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

### Release

A self-regulation tool to help the participant manage stress and anxiety levels.

### Dial

A mental imagery tool used to help monitor and regulate their energy levels.

### 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. These exercises can be practiced with the assistance of the Davis Facilitator and/or the child's support person.

**"Yesterday's meltdown resulted in my daughter being able to tell me she was on 'Dial 9' – so I could discuss this with her. Wonderful program you have. Thanks so much for giving us a daughter we can now talk to."**

**Mother of a 6-year-old girl**

## Step 3: Davis® Early Years Life Concepts

Once the participant has developed more accurate perception and is able to focus, we can help them to learn fundamental life concepts that they may not have picked up previously.

The focus of the Davis Life Concepts – Early Years is to facilitate solid understanding of the following fundamental ideas, as they relate to oneself and to others:

- > self
- > another/others
- > change
- > consequence
- > cause and effect
- > before and after
- > time
- > sequence
- > order and disorder

This is achieved through explicit teaching of each concept. Each concept is introduced through demonstration and experienced together with the child in a fun way that appeals to their interest. Then the child is guided to create a clay model of their own choosing, which visually represents that concept. For example, they may choose to depict the life concept of sequence, by showing how things follow each other in time. For example, a seed, becoming a seedling, becoming a plant.



## Step 4: Integration of life concepts

The most effective way to consolidate learning is for the participant to have many meaningful, fun experiences during each program session.

After each concept has been modeled in clay, the participant needs to have lots of opportunities to recognize and experience the concept in the real world, with help from their support person. These experiences are essential, as they help the participant to integrate the concept into their own identity and establish a foundational internal 'filing system' for future thinking and behavior. This 'filing system' allows the participant to develop generalization of each concept mastered, rather than trying to use skill that has simply been memorized.

Physically interacting with the concepts in their day-to-day environment embeds an understanding of these important life principles and enables the participant to draw on understanding to make sense of situations within their daily life.

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The final stage of the Davis Concepts for Life - Early Years Program focuses on helping the individual to apply the concepts in their life to create meaningful change. The workshop will cover how to guide the participant through the following exercises:

- **Establishing order in the physical environment.** Learning how to use the concepts to establish order, determine order, and create and maintain order.
- **Creating new behaviors.** Exploring behaviors that have had negative consequences, and using the concepts above, create new, more positive outcomes and strategies



**"Amazing concepts that when used correctly can make an almost "magical" difference."**

**Curtis, children and family counselor**

# What are the options for attending a workshop?

We have experienced skillful presenters who regularly deliver the Davis Concepts for Life – Early Years Workshop in many countries. You can choose from two different workshop options depending on what best suits your needs.

Option 1

**In-person**

**3**  
day

**workshop**

Attend a workshop  
at a physical venue

Option 2

**Online**

**3**  
day

**workshop**

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

**"This workshop is a must for any parent or teacher dealing with individuals struggling meeting developmental benchmarks. It is simply THE SOLUTION. I would recommend doing this workshop before doing the program."**

**Susan, grandparent, US.**

# Contact Us

to find out more about Davis®  
Concepts for Life – Early Years Workshop



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**"A really great program that makes sense from the start. The kind of idea that makes you wonder why you hadn't thought of it before, but leaves you very excited at the prospect of trying it out."**

Parent of a Davis client.