

The CALM Method™ **A Leadership Approach to School** **Regulation**

Why Discipline Systems Break Down in Schools?

After more than 30 years working in education, one pattern remains consistent:

Many discipline challenges that appear to be student behavior issues are actually signals of adult inconsistency within the system. When responses vary from classroom to classroom, students experience unpredictability. That unpredictability often leads to escalation, frustration, and staff fatigue. This is the problem **The CALM Method™** is designed to address

New Rainbow Newsletter – March 2026

The CALM Method™ is a regulation leadership model designed for early childhood and elementary school systems.

Rather than focusing only on student behavior, the model begins with adult alignment — helping leadership teams establish clear and consistent responses that support regulated school environments.

The framework centers on four leadership pillars:

- Clarity
- Actionable Strategy
- Lead with Regulation
- Mindful Implementation

Sustainable discipline does not begin with student compliance.

It begins with regulated leadership.

Schools interested in exploring professional development or leadership training around The CALM Method™ are welcome to reach out to discuss potential partnership.