I help create more equitable schools by coaching classroom teachers in social emotional learning and supporting leaders with discipline systems designed to interrupt the school-to-prison pipeline.

Sylvia Hadnot  
**Facilitator**  
**Sound Discipline**
**TYPICAL DAY:** Each day is a little different, I work with teachers, K-12 students and school leaders. When I am supporting students, I teach them neuroscience to help them understand what is happening in their bodies when they have big emotions—often labeled "misbehaviors". When I am supporting teachers, I help them unlearn the mindset that students' "misbehavior" is defiant and learn a mindset that "misbehavior" is actually students' communicating a need for connection and regulation. In supporting school leaders, I help them identify problem areas in their school discipline systems and in imagining new ways of operating based on neuroscience and anti-racist educational praxis.

**CAREER PATHWAY:**

When I was 5 years old, I declared I wanted to be a teacher. As I got older, I pursued that dream. After teaching environmental education to incarcerated youth to teaching art to special populations, I began to realize that our schools are designed so various populations are marginalized by systems and cultures of supremacy. This is unacceptable to me as I was born with an innate understanding of the dignity of all life on planet Earth, and so I decided to see how I could apply the systems thinking skill that I developed through environmental education to affect change at the systems level.

**IMPORTANT SKILLS**
- a mindset for systems thinking
- an understanding of anti-racist educational praxis
- an understanding of behavior based on neuroscience
- a belief that all people are doing their best with the skills and knowledge that they have at the time.

**EDUCATION**
- Bachelor's Degree or equivalent life experience, Teaching Certification

**SALARY RANGE**
- $75,000-$99,999

**TOOLS OF THE TRADE**
- facilitation strategies to support self-regulation
- neuroscience and behavior research

"I love that I get to help make interpersonal systems better and that I get to practice science-based systems thinking everyday." - Sylvia Hadnot

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