

# CharacterPlus Workshops

## CHARACTER BASED DISCIPLINE

*the balance between dignity and responsible behavior*

Humans are wired to be social. We learn and process through social interactions. Our character behaviors are heavily influenced by our prior experiences with others. Covid, social media usage, and other contemporary factors have changed the landscape of childhood. This session explores the neuroscience behind all human behavior, and unpacks the essential elements that students need to be their best selves. Regardless of the discipline program you use, this session will enhance your practice by increasing your understanding of proactive research based strategies.

Participants will learn essential elements to consider for before, during, and after behavioral challenges in the classroom. We will discuss the importance of a character-based approach that maintains the dignity of each student while constantly working toward the long term goal of self-directed, self-regulated, and responsible behavior.

*Dr. Hebenstreit served as a building administrator for 20 years in an urban ring school district, leading K-6 curriculum initiatives in the core academic areas and in the social emotional realm. Essential to her work as a principal and special educator, was a deep belief that children thrive when space is created for their voices and a sense of agency about their world is fostered along with an understanding of consequences their actions may have and the inherent responsibilities of choice. Recently retired, she continues to consult with area schools on a variety of topics.*

**Dr. Hebenstreit**



*As CharacterPlus Director of District and Community Partnerships, Roxanna has over 30 years of experience in school leadership and a 2022 St. Louis Association of Secondary School Principals Educator of the Year. In addition, Roxanna also co-leads the statewide CharacterPlus District Leader Academy in Character Education.*

**Roxanna Mechem, Ed.S.**

**DATE**  
Monday | May 11, 2026

**TIME**  
9:00am - 4:00pm  
*(lunch is on your own)*

**LOCATION**  
Midcontinent Public Library  
East Independence Branch  
4505 Little Blue Parkway  
Independence, MO 64057

**COST:**

**PARTNERSHIP DISTRICTS**  
Six (6) Free Seats, Additional Seats \$50

**NON-PARTNERSHIP DISTRICTS**  
\$100 Per Seat

**REGISTRATION DEADLINE**  
April 30th, 2026

**REGISTER**



# CharacterPlus

REGISTER USING THE QR CODE OR VISIT [CHARACTERPLUS.ORG/WORKSHOPS](http://CHARACTERPLUS.ORG/WORKSHOPS)

QUESTIONS? CONTACT DEBBIE RUSERI, DIRECTOR, CHARACTERPLUS KANSAS CITY - [DRUSERI@CHARACTERPLUS.ORG](mailto:DRUSERI@CHARACTERPLUS.ORG)

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