

## **Biography – Cris Rowan, CEO Zone'in Programs Inc and Rowan Training Systems**

Cris Rowan is an impassioned Occupational Therapist who has first-hand understanding and knowledge of how technology can cause profound changes in a child's development and their ability to learn.

After teaching in schools for a decade, Cris saw many children report that they often felt “confused”, when, in fact, they just didn't understand how to learn. This was the start of Zone'in, an interactive program designed to help children understand their different energy states and how to get their body “Zone'in to Learn.” This program instructs children how to harness their energy, enabling them to responsibly listen and learn in a variety of different environments.

Zone'in comes in both home and school versions, both of which are kid-directed, making implementation fun and easy for adults. Zone'in recognizes the effects of television and videogames (TVVG) on children's development by including TVVG reduction suggestions for parents and teachers.



Cris received her Bachelor of Science in Occupational Therapy in 1989 from the University of British Columbia, as well as a Bachelor of Science in Biology. She continues to be a member in good standing with the BC College of Occupational Therapists. She is an approved therapist with Autism Community Training. For the past ten years, Cris has specialized in pediatric rehabilitation, working with School District 46 on the Sunshine Coast of British Columbia.

Through the development and implementation of the Zone'in program, Cris helps classrooms and families come together. By providing parents, teachers and kids with the tools to effectively communicate with each other about their energy, as well as the techniques on managing zoned out or charged energy states, Cris helps children take the first step towards self-regulation. She has extensively researched the techniques she provides to interested parents, teachers and therapists to help plant the seed for children to learn, listen and interact in an innovative and fun way.

Cris has performed over 200 various workshops on topics such as Sensory Integration, Attention, Fine Motor Development and Printing for teachers, parents and professionals throughout North America. Cris has recently created Rowan Training Systems to train other Occupational Therapists to deliver these integral workshops.

Cris is a proud mom of Submariner son Matt, and resides in Sechelt, British Columbia on the Sunshine Coast with her daughter Katie, as well as two dogs, three cats and a bird. She loves the outdoors and spends a great deal of time with her daughter exploring the beauty of her community.