

## Biography – Cris Rowan

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, behavior and their ability to learn.

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, and is a SIPT certified sensory integration specialist. Cris is a member in good standing with the BC College of Occupational Therapists, and an approved provider with the American Occupational Therapy Association, the Canadian Association of Occupational Therapists, and Autism Community Training. For the past fifteen years, Cris has specialized in pediatric rehabilitation, working for over a decade in the Sunshine Coast School District in British Columbia.



Cris is CEO of Zone'in Programs Inc. offering products, workshops and training to improve child health and enhance academic performance. Cris designed *Zone'in*, *Move'in*, *Unplug'in* and *Live'in* educational products for elementary children to address the rise in developmental delays, behavior disorders, and technology overuse. Cris has performed over 200 *Foundation Series Workshops* on topics such as sensory integration, attention and learning, fine motor development, printing and the impact of technology on child development for teachers, parents and health professionals throughout North America. Cris has recently created *Zone'in Training Programs* to train other pediatric occupational therapists to deliver these integral workshops in their own community. Cris is an expert reviewer for the Canadian Family Physician Journal, authors the monthly *Zone'in Development Series Newsletter* and is author of the following initiatives: *Unplug – Don't Drug*, *Creating Sustainable Futures Program*, and *Linking Corporations to Community*. Cris is author of a forthcoming book *Disconnect to Reconnect – How to counteract the negative effects of technology to improve child performance at school and home*.

Cris is a proud mom of Canadian Navy Submariner Officer Matt, and resides in Sechelt, British Columbia on the Sunshine Coast with her equestrian daughter Katie, partner Ian, as well as two dogs, three cats, a bird and a horse. Cris loves the outdoors and spends a great deal of time with her family exploring the natural beauty of her community.