



6840 Seaview Road, Sechelt, BC V0N 3A4

[www.zonein.ca](http://www.zonein.ca)

Pediatric Occupational Therapist Cris Rowan presented  
**"Harnessing Energy" workshop** on Aug. 27, 2008  
to **OT, PT, teachers and teaching assistants in Penticton, BC.**

### *What did the participants have to say?*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
This workshop was useful	43%	50%	7%		
Presenter was well informed	86%	14%			
Liked presentation style	57%	36%	7%		
Appropriate amount of information	57%	21%	14%	7%	
Good pace to presentation	57%	21%	21%		

#### Additional Comments:

- Great job!
- Excellent presentation!
- I really liked the practical applications – the ADHD in me really needed it!
- Lots of new info that I should know, I'll keep learning. Thx!
- More specific direction on Zone'in Program – how to teach it to our students
- Great info. Would like to have heard more ideas that relate directly to high school
- Relaxed presentation. Very comfortable
- Very knowledgeable; entertaining stories
- I loved the Zone-O-Meter idea!
- Excellent presentation – good information, well integrated, good speaking voice, not intimidating, great 'energy breaks'
- Liked being able to try strategies and see what works and not!

#### Would you recommend this workshop to others?

- Yes – very informative and great tools and ideas one is able to use easily
- Yes - Practical!
- Yes - Gives lots of ideas, and how to adapt your own ideas to work with kids
- Yes – No teacher wants to unwittingly make a situation worse for a struggling child
- Very informative! Helped us recognize our energy level
- Yes – Good tips. Very knowledgeable presenter
- Yes – lots of new information

- Yes – informative, easy to understand, useful
- Lots of things to try with kids in the classroom and ways to think about engaging them.  
New way to think about the foundation for learning e.g. move, touch, connect. Practiced ways to energize and did them every 20 minutes!
- Yes – all teachers should be at the very least aware of this info!