



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Pediatric Occupational Therapist Cris Rowan presented
“Harnessing Energy” workshop on September 24, 2008
for teachers and OT’s in Winnipeg.

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	25%	75%			
The workshop was well organized	25%	75%			
The workshop was just the right length	12%	63%	25%		
The instructor was well informed	38%	62%			
The workshop materials were useful	25%	75%			
The workshop objectives were achieved	12%	88%			

What was the most valuable thing you learned in the workshop?

- Movement very important to students every 15-20 minutes to maintain energy and focus
- Yoga and calming techniques for hyper kids
- Use of tools
- Excellent strategies for sensory processing difficulties
- Strategies for students to identify their “Zone” and self-regulate
- School examples
- That others approach to OT in schools match my own experience
- Presentation in simpler terms to help with making info clear to teachers
- It was helpful to get a closer look at Zone’in materials and philosophy

Was there anything not covered in the workshop that you felt should have been?

- I would like to have been more informed about HOW to get the kids to use the Zone-O-Meters and other implementations

How could this workshop have been better or more helpful?

- This was great! Could easily have been a full day
- Pass more materials around to try

Would you recommend this workshop to others? If not, why not?

- Yes – it provided background information and made me more aware of different students and their needs
- Yes
- Yes

- Yes
- Yes

Any other comments?

- Great!
- Very good “clinical insight to areas discussed
- Thanks for the morning and all the useful information!
- Slightly more emphasis on TV and videogames than I would have presented
- Thank you for giving us copies of your forms and permission to use them
- You have a good “mission. Besides education, we really need to educate and support parents around this material. Parents are the “constant (we hope) in children’s lives while education can change yearly or more frequently.