

Pediatric Occupational Therapist Cris Rowan presented  
**“Harnessing Energy” workshop** on February 18, 2013  
 for health and education professionals in **Vancouver, BC**

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

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were met	50%	50%			
The workshop was well organized	50%	50%			
The workshop was just the right length	50%	50%			
The instructor was well informed	100%				
The workshop materials were useful	50%	50%			
The workshop objectives were achieved	50%	50%			

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

- Strategies and all the handouts!
- As you spoke and gave examples, students popped into my mind and techniques were offered for each specific area. I am looking forward to sharing these when I get back to my school.

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

- No
- No

How could this workshop have been better or more helpful?

- Slower pace – perhaps the sessions should run all day so there is time to process and apply, practice and question...

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

- Yes.
- Yes.

Any other comments?

- Very useful and applicable.

Analysis: request slower pace, full day.

Action: consider full day workshops.