



6840 Seaview Road, Sechelt, BC V0N 3A4

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Pediatric Occupational Therapist Cris Rowan presented  
**“Harnessing Energy” workshop** on January 20, 2014  
for Early Intervention staff in **Bella Coola, BC**

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

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop was well organized	31%	46%	23%		
The workshop was just the right length	31%	54%	15%		
The instructor was well informed	54%	46%			
The workshop materials were useful	54%	46%			
The workshop objectives were achieved	39%	54%	7%		

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

- There was a lot to take in but was all useful information that will help in the workplace.
- Attachment strategies.
- Different activities to do with children to zone in their energy.
- Everything.
- How to help the children, like an area to release or to regain energy.
- There are a lot of activities, which we can incorporate into play.
- How tech affects the ability to learn.
- How to bring children to the ‘zone’.
- Encouraging self worth, helping with meltdowns/certain behaviors.
- Behavior.
- The importance of core strength for early literacy. Great ideas for supporting and strengthening the core.

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

- No.
- No.
- How the brain works and develops.
- Was quickly over, but informative, so no.
- More on behaviors and dealing with the children and how to help them.
- Everything went well. I wouldn’t change anything.
- Strategies.

### How could this workshop have been better or more helpful?

- More hands on and more movement.

- They were good.
- Maybe a couple more days longer.
- Cannot think of anything.
- As Cris said, having another workshop to cover more of what she couldn't get into.
- More time, didn't cover the last subject.
- Behavioral strategies.
- I would have liked to cover the self-regulation sensory section. We skipped past it today.

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

- Yes.
- Yes.
- Yes, useful for parents, educators, and all professionals.
- Yes, the information is very informative and useful for everyone.
- Yes.
- Yes, parents should also take this workshop.
- Yes.
- Yes – very informative.
- For sure.
- I definitely would – lots of useful information!
- Yes.
- Yes.

Any other comments?

- Thank you for coming and presenting this information.
- Good workshop. Wish it was a bit longer.
- No.
- Content of workshop went well with my online course.
- Awesome workshop. Full of information, along with laughter.
- Useful information.

Analysis: Generally well received; more techniques.

Action: Continue to incorporate more Zone'in tools and techniques.