

Pediatric Occupational Therapist Cris Rowan presented  
**“Harnessing Energy” workshop** on May 4, 2009  
**for teachers and OT’s in Halifax, Nova Scotia**

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

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	33%	67%			
The workshop was well organized	84%	16%			
The workshop was just the right length	16%	52%	16%	16%	
The instructor was well informed	100%				
The workshop materials were useful	67%	33%			
The workshop objectives were achieved	84%	16%			

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

- Tools for all students to use/Assessment.
- What techniques are useful.
- Different techniques and importance of sensory stimulation and how much today’s child lacks stimulation.
- Technology is not the answer to improving our education system.
- Hard to pick just one but I like the theory of sensory vs behavior, like the theory of movement through the day.
- Many – Identifying sensory issues and suggestions for activities for particular students.

#### Was there anything not covered in the workshop that you felt should have been? (No responses)

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

- Stretch it over 3 days to allow more time for networking, questions, sharing, experiences, etc. Shorten the day to 3PM. I shut down by 3 when given new info. 3 days would be great!
- Perhaps less questions during session or not repeated personal questions.
- Great handouts. So much information in such a short time.

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

- Yes, classroom teachers.
- Would love to see more ECE's attend.
- Yes, very informative and practical applications.
- Yes.
- Yes, great workshop for parents.

Any other comments?

- Very interesting to learn about the impact of technology and TV and this reinforces the need for all of us to move more and spend less time with technology.
- Very informative.
- Could always use more time.