



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Pediatric Occupational Therapist Cris Rowan presented
“Harnessing Energy” workshop on May 25, 2009
for teachers and OT’s in Yellowknife, NT

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	72%	28%			
The workshop was well organized	72%	14%	14%		
The workshop was just the right length	43%	43%	14%		
The instructor was well informed	84%	16%			
The workshop materials were useful	86%	14%			
The workshop objectives were achieved	72%	14%	14%		

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

- I loved the Zone-O-Meter. I will definitely apply it to my center.
- The importance of physical exercise and movement to the development of the child. The role of technology impacting on children was astounding. Strategies to help change your Zone-N level.
- Info on attachment. Screening questions for parents regarding technology. Skills for movement (ideas)
- How our senses impact on our behavior. The importance of moving based on (stats).
- An understanding of SPD. A better awareness of the impact of technology on behavior and learning.
- Fine motor development and movement in the classroom.

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

- Not sure.
- No
- Teaching young children how to figure out what zone they are in (ideas, strategies)

How could this workshop have been better or more helpful?

- Not sure.
- How young children learn what zone they are in and what helps them.
- Time for questions (without interrupting you). From the group—do people already use some of these or have they tried them—do they work?

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

- Yes.
- Yes. The information was presented in a straight forward manner that was easy to follow and understand. I feel I have a better understanding of SPD and some interventions for dealing with problems in the different modalities.
- Yes.
- Yes. This would be a great school/district-wide Pro-D.
- Yes, definitely.
- Yes – 100%.
- Absolutely. I am hoping to access your Early Intervention Workshop.

Any other comments?

- The information was interesting and informative. Thank you for the snacks and healthy snacks would have been better, i.e., cheese and crackers. Thanks!
- Great job!
- Perhaps cut down on the amount of material you need to cover, in order to allow for more discussion. Although your info was great, it is important for people to connect with each other by sharing ideas, asking questions, etc. 😊
- More power points geared towards parents with suggestions on what to do at home that does not cost any \$ or a lot of money that focus on sensory integration. For example when you, Leslie and I were talking out on the deck about the techniques you used for head bangers, tactile, etc. (Participant drew a table with two headings: Parent tips and School.) Excellent information.