

WORKSHOP ON: INTEGRATING SELF-REGULATION INTO EVERYDAY SCHOOL LIFE

ON 5TH -6TH OCTOBER 2016 AT JOOD PALACE HOTEL -DUBAI-UAE

“Helping Children Manage Their Own Behaviour, Thinking, And Emotions”

Do you work with a child or have a child who:

- Becomes overwhelmed by too many options or large tasks?
- Has difficulty managing worry or disappointment?
- Give up easily?
- Is unaware of how their behaviour affects or impacts other people?
- Is upset by new situations, people or activities?

If you answered 'yes' to any of these questions, this workshop will be of interest to you.

This two full-day workshop provides participants with an understanding of the importance of self-regulation and independence in each child's life. We will learn about the spark* (Self-Regulation Program of Awareness & Resilience in Kids) model for helping children learn to manage their own behaviour, thinking, and emotions. There will be discussion and chances to examine executive functions, the “Language of spark*”, how to activate children's thinking and problem-solving, and how to weave self-regulation into daily activities. The workshop will provide examples of how spark* teaches body, cognitive and emotional self-regulation and give participants opportunities to practise activities and strategies.

FEATURED SPEAKER



Heather MacKenzie, Ph.D., is a speech-language pathologist and educator (CANADA), who has spent a large part of her career developing and implementing approaches for enhancing learning in children with special needs. Her focus is on translating current research into sound clinical practice. She has a special

interest in understanding how children with autism spectrum disorders (ASD) approach learning so this knowledge can be used to optimize their development. Her Learning Preferences and Strengths model is designed to determine each child's learning preferences and strengths and then 'harness' them to improve the child's learning and development. That model was introduced in Heather's first book, *Reaching and Teaching the Child with Autism Spectrum Disorder* (2008). Her second book, *One Story at a Time*

(2009), focuses on how to plan, implement, and evaluate shared storybook-based intervention with children with special needs. Heather's third book is the ground-breaking *The Autistic Child's Guide, Presenting spark* (Self-Regulation Program of Awareness and Resilience in Kids)*. spark* is an evidence-based approach to improving behavioral, cognitive and emotional self-regulation in children two to eight years of age. spark*EL followed which extends the spark* model to children up to 12 years of age. Heather's most recent book, *Self-Regulation in Everyday Life*, focuses on how parents and other involved in children's lives can integrate self-regulation activities into everyday life. spark* has been received very positively by teachers, clinicians, and parents and is being used internationally.



WHO SHOULD ATTEND?

- Principals
- Administrators
- Counselors
- Teachers
- Parents
- Researchers
- Education Assistants
- LD Specialist
- Consulting Therapists
- School resource staff

Organised by



DAY 1: 5/ 10/ 2016 - WEDNESDAY

8:00 am : Registration, Welcome Coffee , Networking

9:30 am – 11:00 am :

Introductions , What is self-regulation?, What is the relationship between self-regulation and executive functions?, Let's look at your executive functions - be ready to share any observations, What do stronger self-regulation skills do?

Let's look at your student/child - be ready to share any observations

11: 00 am - 11: 30 pm Coffee Break :

11:30 am - 1:00 pm :

Where do we start?

Spark* model

Four steps for every skill

1. Increasing self-awareness ("I can do it!")
2. Understanding when and where to use the skills ("I can do it here and here.")
3. Practising in more challenging places ("I can do it even when")
4. Advocating for himself ("I can help myself by")

Three main units

1. Body/behaviour
2. Thinking/cognitive
3. Feelings/emotions

1:00 pm -2:00 pm Lunch :

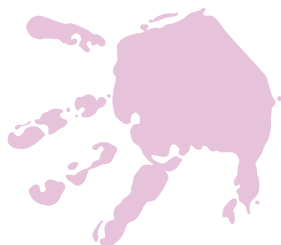
2:00 pm - 3:30 pm

How do I get my student/child ready to learn and practice self-regulation?

- make sure he's calm, alert, and nourished
- keep learning interesting and fun
- make sure your student/child is thinking
- be a model
- remember learning is a process
- think about your own self-regulation

Body self-regulation

- hands, feet, whole body
- breathing
- think of some ways to work on these at school/home - be ready to share



DAY 2: 6/ 10/ 2016 - THURSDAY

9:30 am – 11:00 am :

Body/behavioural self-regulation (cont'd)

- voice
- refining
- think of some ways to work on these at school/ home - be ready to share Thinking/cognitive self-regulation
- focus attention
- figure out what to do just by looking around
- think of ways to work on these at school/ - be ready to share

11: 00 am - 11: 30 am Coffee Break :

11:30 am - 1:00 pm :

Thinking/cognitive self-regulation (cont'd)

- make sure he understands the information he hears, reads, or sees
- organize and explain ideas so others can understand
- think of ways to work on these at school/home - be ready to share

1:00pm -2:00 pm Lunch :

2:00 pm - 3:30 pm

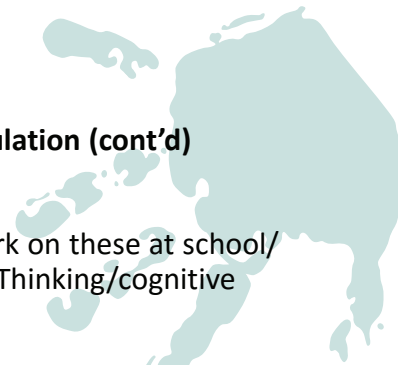
Feelings/emotional self-regulation

- increase self-awareness and self-knowledge
- refine ability to recognize emotions and put himself in other people's 'emotional shoes'
- learn the meanings and causes of different emotions
- manage emotions and express them in appropriate ways
- think of ways to work on these at school/home - be ready to share

Things to remember

- continue using the Language of spark*
- make Turtle Breathing part of everyday life
- catch your child using self-regulation
- remind him to self-regulate before he becomes dysregulated, upset, over-excited, busy or scattered
- self-regulation is hard work and requires fuel
- keep practising fun
- think out loud
- give your student/child more responsibilities
- stand back and let your student/child try things on his own
- teach him to be more resilient and cope better in different situations
- prompt him to advocate for himself
- continue working on your own self-regulation

3:40pm Conclusion - Distribution of Certificates



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REGISTRATION FORM

Registration fee : 2 days per participant AED: 1400/-

10% Discount Available for Groups of 3 or More

Note: Course Materials, Certificate , Refreshments & Lunch are included.

Registration Information	Personal Details		
	Delegates Full Name		Designation
			E mail
	1 st		
	2 nd		
3 rd			
4 th			

Authorisation Manager Details:

Authorisation	Contact Person Name:	Designation:		
	Organisation Name:			
	Address:			
	PO Box:	Zip Code:	City:	Country:
	Tel:	Fax:	Mobile :	
	Authorised Signature:	Email:		
TOTAL US \$		<input type="text"/>		

Please call us if you require any assistance on +971 4 2955581 , +971 50 1555684

Please Note: Payment is required prior to attending this event

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Training Venue

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Cancellation Policy

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