

Self-Reg Summer Symposium 2018 Snapshot

Monday July 9th

6:45 – 8:00 AM

Self-Reg Activities

8:30 – 9:00 AM

Coffee and Connecting

8:45 AM

Welcome

9:15 – 10:30 AM

Introduction to the Self-Reg Framework

Self-Reg Talks 1-3 Personal Self-Reg: Personal Self-Reg: Self Regulation, Wellbeing & Relationships by Brenda Smith-Chant

10:30 – 10:45 AM

Break

10:45 – 12:00 PM

The 5 Steps of Self-Reg

Self-Reg Talks 4-6 Calling all CoReggers: Calling all CoReggers: Regulation, Coregulation, Self-Regulation across the Lifespan. Facilitated by Linda Warren

12:00 – 1:15 PM

Lunch and Personal Self-Reg options

12:00 – 1:15 PM

Self-Reg Activities

1:15 – 2:30 PM

My Five-Step Profile

Self Reg Talks 7-9; Self-Reg and Changing Paradigms: Whose Reality Counts?

2:30 – 2:45 PM

Afternoon Break

2:45 – 3:45 PM

Full Circle Day 1

4:00 – 5:00 PM

Self-Reg Activities

Tuesday July 10th

6:45 – 8:00 AM

Self-Reg Activities

8:30 – 9:00 AM

Coffee and Connecting

9:00 AM

Welcome

9:15 – 10:30 AM

Morning Luminary Talk with Stuart Shanker

10:30 AM – 10:45 AM

Break

10:45 AM – 12:00 PM

Session Options: Self-Reg and Resilience

12:00 – 1:15 PM

Lunch and Personal Self-Reg Options

12:00 – 1:15 PM

Self-Reg Activities

1:15 – 2:30 PM

Small Group Sharing and Planning

2:30 – 2:45 PM

Afternoon Break

2:45 – 3:45 PM

Full Circle Day 2

4:00 – 5:00 PM

Self-Reg Activities

6:30 – 8:00 PM

Gala Dinner (optional)

Wednesday July 11th

6:45 – 8:00 AM

Self-Reg Activities

8:30 – 9:00 AM

Coffee and Connecting

9:00 AM

Welcome

9:15 – 10:30 AM

Morning Luminary Talk with Stuart Shanker

10:30 AM – 10:45 AM

Break

10:45 AM – 12:00 PM

Session Options: Self-Reg, Perseverance & Motivation

12:00 – 1:15 PM

Lunch and Personal Self-Reg Options

12:00 – 1:15 PM

Self-Reg Activities

1:15 – 2:30 PM

Small Group Sharing and Planning

2:30 – 2:45 PM

Afternoon Break

2:45 – 3:45 PM

Full Circle Day 3

4:00 – 5:00 PM

Self-Reg Activities

6:30 – 8:00 PM

What's Possible with a Self-Reg First Approach to Parenting? with Linda Warren, Vicki Parnell, Gabriela Michaca, John Hoffman, Marie Edwards

Dusk

Annual Bonfire

Thursday July 12th

6:45 – 8:00 AM

Self-Reg Activities

8:30 – 9:00 AM

Coffee and Connecting

9:00 AM

Welcome

9:15 – 10:30 AM

Morning Luminary Talk with Stuart Shanker

10:30 AM – 10:45 AM

Break

10:45 AM – 12:00 PM

Small Group Sharing and Planning

12:00 – 1:15 PM

Lunch and Celebration

1:15 – 2:45 PM

Closing Talk with Jean Clinton



JULY 9-12
TRENT UNIVERSITY

 **SELF-REG**
SUMMER SYMPOSIUM 2018

*reframing resilience, perseverance,
and motivation in children and teens*



The MEHRIT Centre