Tuesday

6:45AM - 8:00AM
Personal Self-Reg Options; yoga, board games, nature walks etc.

7:45AM - 8:30AM
Registration, Coffee & Connecting

8:30AM - 8:45AM
Welcome with Susan Hopkins

8:45AM - 10:15AM
Opening Keynote with Stuart Shanker: The Self-Reg Path

10:15AM - 10:30AM
Morning Break

10:30AM - 12:00PM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Introduction to the Self-Reg Framework
• Developing, Validating, Practicing: Self-Reg Talks on Wellbeing Stream 1, Session 1
• Applied Self-Reg in Context: Self-Reg Talks on Equity & Inclusion, Stream 2, Session 1
• Extending: Diving Deeper: Master Class with Stuart Shanker- Self-Reg for a Just Society

12:00PM - 1:15PM
Lunch and Personal Self-Reg Options; Massages, nature walks, canoeing, kayaking, board games, etc.

1:15PM - 2:30PM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Self-Reg Inquiry Practice 1: Reframe Behaviour
• Developing, Validating, Practicing: Self-Reg Talks on Wellbeing Stream 1, Session 2
• Applied Self-Reg in Context: Self-Reg Talks on Equity & Inclusion, Stream 2, Session 2
• Extending: Diving Deeper: Master Class

2:30PM - 4:25PM
Afternoon Break

2:45PM - 4:00PM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Self-Reg Inquiry Practice 2: Recognize Stress across 5 Domains
• Developing, Validating, Practicing: Self-Reg Talks on Wellbeing Stream 1, Session 3
• Applied Self-Reg in Context: Self-Reg Talks on Equity & Inclusion, Stream 2, Session 3
• Extending: Diving Deeper: Master Class

4:00PM - 5:30PM
4:00PM - 5:30PM
Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.

7:00PM - 9:00PM
Personal Self-Reg Nibble & Natter (free)

7:45AM - 8:30AM
Personal Self-Reg Options; yoga, board games, nature walks etc.

8:30AM - 8:45AM
Welcome

8:45AM - 10:15AM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Self-Reg Inquiry Practice 3: Reduce the Stress Load
• Developing, Validating, Practicing: Breakouts
• Applied Self-Reg in Context: Four Stream Workshop Quilt
• Extending: Diving Deeper: Master Class

10:15AM - 10:30AM
Morning Break

10:30AM - 12:00PM
Keynote with Stuart Shanker: No Human Left Behind

12:00PM - 1:15PM
Lunch and Personal Self-Reg Options; Massages, nature walks, canoeing, kayaking, board games, etc.

1:15PM - 2:30PM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Self-Reg Inquiry Practice 4: Reflect: Enhance Stress Awareness
• Developing, Validating, Practicing: Four Stream Workshop: Sunrise
• Applied Self-Reg in Context: Facilitated Small Group Workshop Options
• Extending: Diving Deeper: Master Class

2:30PM - 4:25PM
Afternoon Break

2:45PM - 4:00PM
Panel (Guests & Full Circle) Moderated by Susan Hopkins. Self-Reg, Equity, Wellbeing and the three A’s: Autism, ADHD, Anxiety

4:00PM - 5:30PM
Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.

7:00PM - 9:00PM
Parents Evening

Wednesday

6:45AM - 8:00AM
Personal Self-Reg Options; yoga, board games, nature walks etc.

7:45AM - 8:30AM
Coffee & Connecting

8:30AM - 8:45AM
Welcome

8:45AM - 10:15AM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Self-Reg Inquiry Practice 5: Respond: Restoration and Resilience
• Developing, Validating, Practicing: Breakouts
• Applied Self-Reg in Context: Facilitated Small Group Workshop Option
• Extending: Diving Deeper: Master Class with Susan Hopkins

10:15AM - 10:30AM
Morning Break

10:30AM - 12:00PM
Keynote with Stuart Shanker: Discovering our Prosocial Past to Build our Prosocial Future

12:00PM - 1:15PM
Lunch and Personal Self-Reg Options; Massages, nature walks, canoeing, kayaking, board games, etc.

1:15PM - 2:30PM
Sessions Options (Four Options)

• Emerging Understandings: Self-Reg 101: Four Stream Workshop: Seeds
• Developing, Validating, Practicing: Breakouts
• Applied Self-Reg in Context: Facilitated Small Group Workshop Options
• Extending: Diving Deeper: Master Class

2:30PM - 4:25PM
Afternoon Break

2:45PM - 4:00PM
Self-Reg, Equity, Wellbeing: A Delegate Driven Session

4:00PM - 5:30PM
Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.

6:30PM - 8:00PM
Celebration Dinner

Thursday

6:45AM - 8:00AM
Personal Self-Reg Options; yoga, board games, nature walks etc.

8:30AM - 8:45AM
Welcome

8:45AM - 10:15AM
Keynote with Jean Clinton

10:15AM - 10:30AM
Morning Break

10:30AM - 12:00PM
Keynote with Stuart Shanker: Self-Reg for a Just Society

12:00PM - 1:15PM
Celebration Lunch