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
  • Extending: Divining Deeper: Masterclass 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. Sessions Options (Four Options)
  • 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
  • Extended: Divining Deeper: Masterclass - School Leadership for Self-Reg Havens with Susan Hopkins
2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Sessions Options (Four Options)
  • Emerging Understandings: Self-Reg 101: Self-Reg Inquiry Practice 2: Reframe 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
  • Extended: Divining Deeper: Masterclass - Reframing Moving Beyond Deterministic Thinking
4:00PM - 5:30PM  Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.
7:00PM - 9:00PM  Self-Reg Nibble & Natter (free)

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)
10:15AM - 10:30AM  Keynote with Stuart Shanker: No Human Left Behind
10:30AM - 12:00PM  Lunch and Personal Self-Reg Options; Massages, nature walks, canoeing, kayaking, board games, etc. Sessions Options (Four Options)
12:00PM - 1:15PM  Self-Reg Talks on Wellbeing Stream 1, Session 1
1:15PM - 2:30PM  Self-Reg Talks on Wellbeing Stream 1, Session 2
2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Panel (Guests & Full Circle) Moderated by Susan Hopkins.
4:00PM - 5:30PM  Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.
7:00PM - 9:00PM  Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.

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)
10:15AM - 10:30AM  Keynote with Stuart Shanker: Discovering our Prosocial Past to Build our Prosocial Future
10:30AM - 12:00PM  Lunch and Personal Self-Reg Options; Massages, nature walks, canoeing, kayaking, board games, etc.
12:00PM - 1:15PM  Self-Reg Talks on Wellbeing Stream 1, Session 1
1:15PM - 2:30PM  Self-Reg Talks on Wellbeing Stream 1, Session 2
2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Personal Self-Reg Options; swimming, nature walks, canoeing, kayaking, board games, etc.
4:00PM - 5:30PM  Celebration Dinner
6:30PM - 8:00PM  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