

2-Part Experiential Workshop: Empowering Self-regulation Through Co-regulation for Educators and Students

Part 1: Leveraging Self-Regulation Tools for Educators (1.5 Hours)

In this experiential and interactive workshop, we delve into the transformative power of self-regulation tools, emphasizing the vital role of co-regulation in fostering emotional well-being in the classroom. By leveraging insights gained from understanding the nervous system and the relationship between self-regulation and co-regulation, educators can feel more engaged and equipped to create safe spaces that *enhance learning*.

“Addressing challenging student behaviors start with prioritizing teachers’ well-being.”

Nina Weisling, Assistant Professor, Carthage College

“Self-regulation is taught through co-regulation with a mature nervous system. In a room full of students, the teacher controls the emotional temperature in the room.”

Candace Fox, Psychosensory/somatic Practitioner & Recovery Coach

Part 2: Helping Students Build Their Emotional Toolkits (1.5 Hours)

Building on Part 1, educators will continue to expand their emotional toolkits with self-initiated, self-regulation tools/resources that are easy to implement and share. By normalizing self-regulation practices in the classroom, educators will guide students in developing resilience, empowering them to thrive in their educational journeys both inside the classroom and beyond.

Meet the Facilitator: Candace Fox



Candace Fox is a trained and certified Psychosensory/somatic Practitioner, Provisional Recovery Coach, and the founder of the virtual addiction recovery aftercare program, Men Recovering. Given her lived experience and professional interest, Candace works primarily at the intersection of neurodivergence and addiction, including eating disorders. Most recently, Candace presented *Empowering Self-regulation Through Co-regulation for Educators and Students* at the 2025 AWÂSIS Indigenous Education Conference in Saskatoon. She was humbled by the positive feedback and the invitation to return for next year. **To learn more about Candace Fox please visit menrecovering.ca/team and to learn how you can bring this workshop into your school please contact at candace@menrecovering.ca or 306.291.2589.**