



Regulated
Learning For All



REGULATED LEARNING FOR ALL

Collaborative Training for Educators

Facilitated by

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www.regulatedlearning.com



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BACKGROUND

Learning is a dynamic process with the brain and body working together to take in, understand, and put new information into use. What occurs in our internal (body/mind) and external (i.e.classroom) environment will impact our ability to focus and learn. Self-regulation is control over behavior or emotional responses to a situation. Some individuals can manage their responses and reactions to their environment easier than others.

Each of us is responsible for regulating our behavior and responding to our environment in a way that supports ourselves and others. Occupational therapists often support and provide strategies to promote self-regulation for individual students, but within an inclusive culture, these same practices can benefit all students.



TRAINING OPTIONS

1.



Creating a Culture of Self-Regulated Learning in Schools

This 4 or 6-hour professional development session provides teachers with an in-depth look at self-regulated learning through neuroscience and educational lenses. Participants will gain tools to build awareness within the classroom, supports to monitor students' regulation, and tools and strategies to help self-regulation for all within the school.

- Part 1: Theory & Foundations of Regulated Learning
 - All educators - 2 hrs
- Part 2: Tools, Strategies, & Implementation
 - Early Childhood & Primary - 2hrs
 - Secondary (Middle/High school) - 2 hrs

Empowering Educators: Mastering Self-Regulated Learning Techniques in the Classroom

This 8 week interactive virtual workshop gives educators valuable insights and strategies that can help them create a more effective and engaging learning environment for their students. A small group of educators works collaboratively as a cohort to plan, reflect and share ideas with others about implementing self-regulation supports and strategies in the classroom.



2.

3.



Building Students' Independence through Self-Regulated Learning

This 1.5-hour in-service aims to broaden teachers' understanding of self-regulation and provide an overview of strategies to support self-regulation within the classroom.

- Part 1: Theory & Foundations of Regulated Learning
 - All educators - 1 hr
- Part 2: Tools, Strategies, & Implementation
 - All educators - .5 hr



ADDITIONAL SUPPORT

*Offered Online and Onsite

Parent Training

The 1.5-hour parent training program equips parents with practical yet effective tools to support their children in creating autonomous self-regulation strategies. In addition, parents will share the same knowledge and use common terminology so they can work together with educators toward promoting independent regulation skills across all environments.

Specialist Consultations

Specialist consultation provides personalized support to educators, helping them implement new classroom strategies and techniques. Educators who have the opportunity to receive specialist consultation are more likely to feel supported and confident in their abilities. This translates into improved student outcomes and a more positive school culture. Administrators can also use this consultation process to monitor the effectiveness of professional development and adjust it as needed.



We understand that schools have different budgets and funding priorities, which is why we have created a flexible pricing model to meet the needs of schools of all sizes. Additionally, serving multiple schools in one area can decrease the cost of travel/expenses. To minimize these costs, we encourage collaboration with other schools in your area. Our team is also happy to work with schools to customize our offerings to meet their unique needs and budget allocations.

TRAINING FEES

TRAININGS	SCHOOL SIZE <400 STUDENTS	SCHOOL SIZE >400 STUDENTS
1.5 hour training	€500	€500
4-hour training	€1000	€1200
6-hour training	€1500	€1800
8-week cohort	€495 pp	€495 pp
2 to 3-day onsite visit tailored to your school's needs.	€4000 - €6000	€4000 - €6000
*Prices exclusive of travel & expenses		

YOUR INSTRUCTORS

American Board Certified & Licensed Occupational Therapists

Over 50 years of combined experience working in schools, clinics, community centers, government educational programs, homes, and hospitals on four continents.



**Dr. Elizabeth Joy Shaffer,
OTD, OTR/L**

A pediatric OT, speaker, parent mentor, and published researcher who is passionate about helping all children, especially those with exceptional learning needs, autism, ADD/ADHD, and other complex or diverse needs. She enthusiastically brings innovative ideas to facilitate children's independence and confidence at home and at school.



**Kristi Troutman,
OTR/L**

As a pediatric OT, Kristi works with students and collaborates closely with teachers and families to build independence in the areas of self-regulation, activities of daily living, functional school skills, and transition skills. She is well-versed in assessments of environments and identifying necessary adaptations to ensure student success.



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THANK YOU

FOR YOUR INTEREST IN BRINGING REGULATED LEARNING SUCCESS FOR ALL INTO YOUR SCHOOL.

KRISTI TROUTMAN & ELIZABETH JOY SHAFFER

Please contact us to discuss how we can best support you, your students, educators, and parents.

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