

Self-Regulation

At InnerWise Education, we explicitly teach the skill of self-regulation and how to identify our unique sensory needs.

Vanessa has extensive experience working with young people and families for over a decade, as a teacher, behaviour & early intervention support specialist, school counsellor, youth counsellor, and running her private practice.

She has shared self-regulation workshops with parent communities, in schools, and teacher training in Western Australia. She has also introduced Dr. Stuart Shanker, who is Canada's leading expert in the psychophysiological theory of Self-regulation for the "Hello Self-Reg: Australia and New Zealand", webinar series.

She is passionate about building awareness of what self-regulation looks like, feels like and sounds like and how to develop this critical life skill through co-regulation.

This workshop is suitable for all parents/caregivers and professionals who have an influence on the lives of young people.

When:

Tuesday 8th, 15th & 22nd August
6.30-7.30 pm

Where:

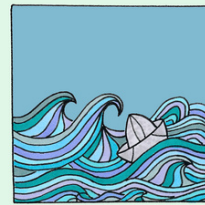
InnerWise Education
18 Ashton Avenue, Claremont

Bookings essential as limited seating

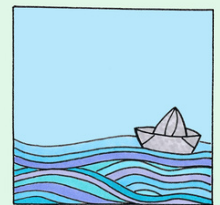
To book:

innerwiseeducation.com.au
email. innerwise@outlook.com
Ph. 0476789263

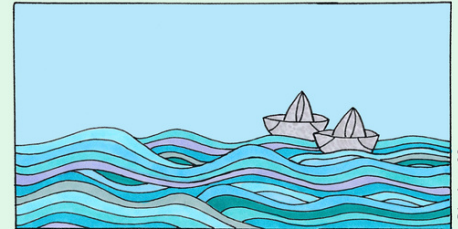
WHEN THEIR STORM



MEETS OUR CALM



CO-REGULATION OCCURS



@kwiens62

What you will learn:

- introduction to InnerWise Education
- why self-regulation is a critical life-skill that requires explicit teaching
- what is co-regulation and how does that build the skills of self-regulation
- how too much stress can impact regulation and impact a child's potential and success
- the difference between stress behaviour and mis-behaviour



"The well-being of children is inseparable from the well-being of the critical adults in their life"

Dr Stuart Shanker