



**COAST ALLIED HEALTH AND
THE GET READY PROJECT PRESENT
DYNAMIC ONE DAY ONLINE WORKSHOP**

**GET READY TO LEARN:
REFRESHER
TRAINING**

Anne Buckley Reen, OTR, RYT
Sara Sheridan Preston, MSEd, RYT

ONE DAY REFRESHER TRAINING: October 26th, 2020



THIS DYNAMIC PROGRAM OFFERS PREVIOUSLY TRAINED SCHOOL BASED PRACTITIONERS (CLASSROOM STAFF AND THERAPISTS) THE OPPORTUNITY TO BROADEN PROGRAM UNDERSTANDINGS AND IMPROVE IMPLEMENTATION IN THE CLASSROOM, OFFICE, AND AT HOME!

The refresher program is designed for anyone who has attended a formal Get Ready to Learn training in the past.

During this dynamic course we will review the rationale for the program and revisit best practices for program implementation. We'll look at the logistics of setting up a classroom or virtual home practice and review program updates and additions. We'll also discuss the broadened protocol for providing support to students across ages and stages of development, to maximize independent participation. Finally, we'll take a look at the options for measuring change amongst participating students and the existing data on program impacts. This training is rich with video examples, interactive content and movement opportunities.

We recommend all practitioners attend a refresher at least every three years to ensure best practices and support the highest outcomes for students and staff alike.





ONE DAY REFRESHER WORKSHOP

TARGET AUDIENCE: PREVIOUSLY TRAINED THERAPISTS AND LEAD TEACHERS

This training is only appropriate for professionals who have attended a two-day Get Ready to Learn workshop and are looking to fine tune their understanding and implementation of the program.

ONE DAY REFRESHER AGENDA:

October 26th

- 8:45 Login and Download Resources
- 9:00 Welcome and Introductions
- 9:05 Program Rationale
- 9:30 Floor 1 Practice
- 9:50 Video Analysis: 177Q
- 9:55 Breakdown of Sequences
- 10:00 The Five Part Practice
- 10:30 Program Set-up and Transitions: Video Analysis
307Q, 233Q, 993Q, 177Q
- 11:00 Break
- 11:15 Foundations Practice 1
- 11:25 Program Implementation: The Three Phases
Video Analysis: 177Q, Challenging Behavior
- 12:25 Foundations Practice 2
- 12:40 Measuring Change: Baseline & Follow-Up
Video Analysis: Sugrim
- 1:00 Tools: Common Misconceptions & Fidelity
Checklist
- 1:25 Closing Circle: Key Take-Aways
- 1:30 Program conclusion



The Get Ready To Learn Program is a series of yoga and mindfulness sequences to prepare brains and bodies for optimal learning outcomes. The series of floor or chair sequences, combined with the practitioner use of the program phases and key implementation tools, are offered in streaming format to offer a researched model and embedded curriculum that is easily accessible and widely used.

Anne Buckley Reen is an occupational therapist and yoga teacher with more than 30 years of pediatric experience. Utilizing and researching the impact of yoga on students with developmental challenges since 2000, Anne was invited by NYC schools to create a curriculum for their students with a wide range of developmental and behavioral challenges. Inspired by her mentor, Sonia Sumar, and her collaboration with a dedicated team of administrators, teachers, therapists, students and researchers, Get Ready to Learn was created.



Sara Sheridan Preston is a special educator and yoga teacher with more than 15 years of experience. Sara began her journey with Get Ready to Learn in her special education classroom ten years ago. Since then Sara has helped support and develop the program across populations and has led trainings for hundreds of therapists and teachers.



Participants rate this learning experience as excellent and report significant and measurable changes in their students and classrooms as well as in themselves.