

Seminar Leaders:

Diane Gossen

Diane has taught Control Theory for over 20 years Throughout Canada, the United States, Europe and Asia. She has been a presenter for ASCD, Phi Delta Kappa Institute, the Austria-Asian Cooperative Learning Conference and International Reality Therapy Conferences. Diane served on the faculties of several universities and has done training for a broad range of school-based programs, drug rehabilitation centers and correctional facilities. She is the author of "Restructuring School Discipline", "My Child is a Pleasure" and co-author with Judy Anderson of "Creating the Conditions: Leadership for quality Schools" and most recently "It's All about We".



Joel Shimoji

Joel's career in education spans over 30 years, which includes assignments in the classroom, gym, student services and administration. He uses Restitution to build student strength and independence, create relationships and use an approach that is congruent with 21st century demands.



Cindy Levesque

Cindy is a Métis parent and teacher who passionately lives the philosophy of Restitution. Her experience of 30 years encompasses k-9 classroom, basic French, physical education, counselling and behaviour and learning support. Restitution teaches self-discipline, independence, collapsing conflict and intrinsic motivation. Restitution is fun for all!



Rebecca Gray

Rebecca became hooked on Restitution because it provides an understanding of all human behaviour, thus helping in all facets of life. She has worked as a professional foster parent, a child welfare worker, a behaviour specialist and guidance counsellor in the K-12 school system. She has also worked as a student advisor and instructor in the post-secondary system and uses Restitution every day!



Restitution Self Discipline and Control Theory Workshops

August 25-28, 2020

Holiday Inn Winnipeg South
1330 Pembina Highway
Winnipeg, Manitoba

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Restitution 1 – Intro to Restitution Self Discipline

(no pre-requisite)

Cindy Lévesque

Tuesday and Wednesday August 25 & 26

Restitution is a philosophy created by Diane Gossen, based on the work of William Glasser's Control Theory and the principles of Indigenous Restorative Justice. It provides those working with children hands-on skills to deal with difficult behaviour. Instead of rewards and punishment, Restitution focuses on helping students become the person they want to be. Drawing from current research on the brain functioning, Restitution recognizes that for true learning to occur, the process that children must engage in is an internal one. Restitution teaches youth self-discipline and skills needed to promote independence, critical thinking, and acceptance of personal responsibility for one's actions.

**Complimentary book included*

Restitution 2 – Implementing Restitution

(pre-requisite: Restitution 1)

Joel Shimoji

Tuesday and Wednesday August 25 & 26

This workshop is for participants who are currently experimenting with ideas of Restitution in their personal lives and at the classroom level. This course is designed to assist teachers and administrators to assess their current practices in their schools and ask themselves, "Is what we are doing now getting us what we want?" This course will outline the ways in which Restitution can impact on the system by using school beliefs.

**Complimentary book included*

Restitution 3B – Teaching Control Theory and Restitution in the Classroom (Grades K-8)

(pre-requisite: Restitution 1)

Cindy Levesque

Thursday August 27

A one day practical "make and take" workshop on how to teach students the philosophy of Restitution and Control Theory. Learn to teach students about the basic needs, how the brain works, quality world, behaviour car, creating a social contract, and much more.

**Complimentary song book, board games and lesson books included*

Control Theory 1 – Basics (no pre-requisite)

Rebecca Gray

Thursday and Friday August 27 & 28

Restitution is based on the principles of Control Theory. This course is a must for those who want to deepen their understanding of Restitution. Control Theory 1 is intended to be an introductory class for those with little or no exposure to Control Theory. Learn how to tap into intrinsic motivation, which is a key component in creating 21st century thinkers. Learn practical strategies to use in your personal and professional life.

**Complimentary book included*

Control Theory 2

(pre-requisite : Control Theory 2)

Diane Gossen

Thursday and Friday August 27 & 28

This 2-day workshop is designed to develop and refine skills in the application of Control Theory. Roleplaying and group practices are provided.

Self-Care and Mindfulness – For You and Your Students

(no pre-requisite)

(including an optional afternoon group visit to Thermea)

Cindy Levesque

Friday August 28

Learn to take care of your mind, body and soul through simple self-care techniques, journaling, and goal setting using your knowledge of the basic needs. Create balance in your personal life and in the workplace.

Tools for the classroom provided: Breathing techniques, relaxation exercises, brain gym, attentive listening, mindfulness, yoga animals, use of humour, and much more.

Thermea: After the Friday workshops you are invited to join the presenters at Thermea water pools from 6:00-10:00 p.m. Please register in advance with Thermea

"As a model for classroom management Restitution is complete, it makes sense, and it will make a difference in the classroom."

– Director, Institute for Professional Development, University of Central Florida