

The Self Regulation Blueprint

How To Engage Executive Function Skills for Better Emotional and Behavioural Outcomes

with Dr Caroline Buzanko (Canada)



Too often, children are labelled as “lazy” or “unmotivated” when what they’re really struggling with is self-regulation, the ability to manage thoughts, emotions, and behaviours to achieve their goals.

This full-day, interactive workshop offers a practical roadmap to help all children and teens develop the skills that drive academic success, emotional resilience, and independence: self-regulation, powered by executive functioning (EF).

Through engaging discussions, case examples, and hands-on tools, you will leave with a comprehensive understanding of self-regulation and its relationship to EF, insight into what gets in the way of children doing well, strategies that promote self-regulation, and tools that strengthen student resilience and motivation.

By the end of this workshop, you will be able to:

- Explain the core components of self-regulation, how it develops, and its relationship to EF.
- Reframe challenging behaviours as gaps in executive function and skills to be built, not willpower.
- Recognise the common traps adults fall into that can unintentionally stifle regulation and growth.
- Teach and apply EF skills for emotional and behavioural self-management in everyday settings.
- Harness frustration to maximise learning, build perseverance, and strengthen emotional resilience.
- Support children effectively when big emotions show up with co-regulation and emotional coaching.

Who should attend:

This seminar is designed for professionals and caregivers who support children or young people. It will be particularly valuable for teachers and learning support staff, special education staff and SENCOs, psychologists, therapists, and counsellors, social workers, occupational therapists and speech-language therapists, school leaders and behaviour support teams, as well as parents and caregivers.



Dr. Caroline Buzanko is a psychologist. Mother. International Speaker. Professor. Yoda of Anxiety. ADHD Superhero. And Changer of Lives. For nearly thirty years, she has dedicated herself to building client resilience. Honoured as the Psychologist of the Year for Alberta in 2024, Dr. Caroline is a renowned expert in emotion regulation, anxiety, resilience, and neurodivergence. Dr. Buzanko brings energy, clarity, and practical expertise to every session and her engaging style ensures participants leave feeling confident and inspired to create real change.

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Tour Details:

- 📍 **DUNEDIN:** 21 April 2026 - Tūhura Otago Museum, 419 Great King Street, Dunedin
 - 📍 **CHRISTCHURCH:** 22 April 2026 - Peppers Christchurch, Clearwater Avenue, Northwood, Christchurch
 - 🕒 **PALMERSTON NORTH:** 29 April 2026 - Distinction Hotel, 175 Cuba St Palmerston North
 - 🕒 9:00am - 3:00pm
 - 💰 \$325 (incl. GST). Price full catering, presentation notes and certificate of attendance
- Contact the Compass Seminars team on 06 7591647 or office@compass.ac.nz

3 Ways to Register:

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