

# About Leah Kuypers Media Package

## At-a-Glance Career Highlights

- Creator of The Zones of Regulation® — A globally embraced framework for teaching self-regulation and social-emotional skills.
- Founder & CEO of The Zones of Regulation, Inc., headquartered in Minneapolis, MN.
- Published Author of The Zones of Regulation Digital Curriculum (2024), Getting Into The Zones of Regulation (2024), and numerous companion tools, apps, and games.
- International Trainer & Consultant — Has presented hundreds of workshops to educators, therapists, and caregivers in countries around the world.
- Innovator — Created an accessible, user-friendly framework for teaching regulation skills, evolved it into a comprehensive Digital Curriculum, and continues to lead from the front lines in advancing how educators, therapists, and caregivers build self-regulation and co-regulation skills worldwide.
- Occupational Therapist & Educator — Over two decades of experience in public schools and clinical settings.

## Short Bio (50–75 words)

Leah Kuypers, M.A. Ed., OTR/L, is the creator of The Zones of Regulation®, a globally embraced framework that helps people of all ages build regulation and social-emotional skills. An occupational therapist and educator, Kuypers has trained thousands of educators, therapists, and caregivers worldwide, and authored numerous resources including the Zones of Regulation Digital Curriculum. She is passionate about helping people live their fullest lives by understanding and supporting their emotional well-being.

## Medium Bio (150–200 words)

Leah Kuypers, M.A. Ed., OTR/L, is the founder and CEO of The Zones of Regulation®, Inc. and the creator of the internationally recognized Zones of Regulation framework. With a background as both an occupational therapist and educator, Kuypers developed The Zones in 2008 while earning her Master's in Education and Graduate Certificate in Autism Spectrum Disorders. Her goal was to provide a practical, engaging way for learners to understand feelings, manage states of alertness, and build lifelong self-regulation skills.

Kuypers is the author of The Zones of Regulation Digital Curriculum (2024), Getting Into The Zones of Regulation (2024), and numerous companion tools, apps, and games used in schools, clinics, and homes worldwide. Her work has reached 40+ countries, with over 8,000 educators and practitioners trained annually to implement The Zones with fidelity.

Based in Minneapolis, MN, Kuypers continues to consult, train, and develop new resources to make self-regulation more accessible. She enjoys family time, traveling, hiking, skiing, and just about any outdoor adventure.



## Long Bio (400–500 words)

Leah Kuypers, M.A. Ed., OTR/L, is the creator of The Zones of Regulation® and founder of The Zones of Regulation, Inc. where she serves as CEO. An internationally recognized trainer, consultant, and author, Kuypers is passionate about giving people the tools to understand their feelings, manage their states of alertness, and thrive in school, work, and life.

Kuypers earned her Bachelor of Science in Occupational Therapy from the University of Wisconsin–Madison in 2001 and began her career working in public schools in the Midwest, including the Chicago and Minneapolis/St. Paul areas. She specialized in supporting students with diverse needs, taking on leadership roles, mentoring colleagues, and building collaborative teams of educators, therapists, and families.

During this time, Kuypers noticed a common thread—many students struggled with sensory regulation and emotional control, affecting their learning and well-being. While completing her Master of Arts in Education and Graduate Certificate in Autism Spectrum Disorders at Hamline University, she developed the first draft of what would become The Zones of Regulation. Colleagues were quick to notice its impact, and soon Kuypers began sharing her approach at professional workshops.

After moving to California in 2009, Kuypers worked at Communication Works, expanded training opportunities, and collaborated with Michelle Garcia Winner of Social Thinking®. In 2011, The Zones of Regulation curriculum was published by Think Social Publishing, quickly gaining national and international traction.

Kuypers later founded Kuypers Consulting, Inc. in Minneapolis, growing it with the support of family members and colleagues. She co-created two award-winning apps—The Zones of Regulation (2013) and Exploring Emotions (2016)—and developed a suite of companion products. To meet the high demand for training, Kuypers brought on respected professionals and friends Terri Rossman and Elizabeth Sautter as collaborative trainers.

In 2024, Kuypers launched The Zones of Regulation Digital Curriculum and the companion book *Getting Into The Zones of Regulation*, now implemented in over 40 countries. Each year, more than 8,000 educators and practitioners are trained to deliver The Zones with fidelity.

Today, Kuypers continues to develop innovative resources, provide training worldwide, and expand The Zones' impact across schools, therapy centers, and homes. She lives in Minneapolis with her husband, son, and daughter, and enjoys traveling, family time, hiking, skiing, and outdoor adventures.

## Photo Caption

Leah Kuypers, M.A. Ed., OTR/L, founder and creator of The Zones of Regulation®, helping people of all ages develop the lifelong skill of self-regulation.

## Recent Awards & Recognitions

- Selected as one of the 100 most scalable and impactful education innovations in the HundrED Foundation's 2025 Global Collection.
- Featured cover story: Navigating Regulation with The Zones of Regulation, Autism Digest, February 2025.
- Featured guest: The Neurodiversity Podcast — Navigating the Emotional Landscape, March 2025

## Personal and Company Quick Facts

- Leah Kuypers developed The Zones of Regulation framework in 2008 while completing her M.A. Ed. capstone project.
- Kuypers began training therapists and educators on the framework in 2010.
  - Today, over 8,000 educators and practitioners are trained every year to implement The Zones with fidelity, positively impacting learners in classrooms, therapy centers, and homes worldwide.
- The original Zones of Regulation print curriculum was published by Think Social Publishing in 2011, ultimately selling over 400,000 copies worldwide.
- The first companion product, a Zones app, entered the market in 2013; the team continues to develop companion products to meet demand for support implementing The Zones.
- The Zones of Regulation Digital Curriculum and Getting Into The Zones of Regulation companion book were released in 2024, expanding access and a platform to continually evolve the curriculum with the latest science and user input.

**Website:** [zonesofregulation.com](https://zonesofregulation.com)

### For more information, please contact:

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