

FREQUENTLY ASKED QUESTIONS FOR ZONES OF REGULATION® CONSULTING

WHAT IS ZONES OF REGULATION CONSULTING?

Zones of Regulation Consulting is a virtual meeting with a social-emotional learning (SEL) expert who provides guidance, problem-solving, and personalized implementation support. This is not a training on The Zones of Regulation; rather, it is a discussion and question-and-answer session tailored to your needs and current stage of implementation.

Each consultation session includes a follow-up with your Zones consultant with additional resources and action items. All consultations are offered at a rate of \$450 USD per one-hour session.

WHO IS ZONES OF REGULATION CONSULTING FOR?

Consulting is designed for organizations, schools, or districts at any stage in implementing The Zones of Regulation framework and curriculum.

ARE THERE PREREQUISITES REQUIRED FOR CONSULTING?

Yes. Access to [The Zones of Regulation® Digital Curriculum](#), which contains the most current version of the curriculum materials, is essential to fully benefit from consulting.

We also highly recommend attending a [Zones of Regulation Core Training](#) prior to your consultation meeting.

WHICH VIRTUAL MEETING FORMAT DO WE USE FOR CONSULTING?

Generally, we use the Zoom meeting format. However, we are open to using another virtual meeting platform (such as Microsoft Teams or Google Meet) if preferred by your organization.

WHAT MATERIALS SHOULD WE HAVE HANDY FOR THE CONSULTATION?

It is helpful to have your login information for [The Zones of Regulation Platform](#), any implementation and planning resources, and a list of specific questions prepared to make the best use of your consulting time.

WHAT IS A RECOMMENDED GROUP SIZE FOR CONSULTATION?

If the goal is planning implementation, sessions are most productive with a small team of SEL leaders and administrators within a school or district. Alternatively, sessions may be structured as a large-group Q&A with a full staff or department team.

WHAT KINDS OF TOPICS/QUESTIONS CAN WE EXPECT TO DISCUSS AT A CONSULTATION?

Topics are driven by your needs. Possible areas of focus include:

- Strengthening implementation
- Planning next steps after training
- Scaling schoolwide or districtwide
- Troubleshooting challenges
- Engaging staff and families

You have the opportunity to share your goals and topics of interest in the Consultation Registration Form after your purchase or at any time throughout the process.

CAN I SET UP ONGOING CONSULTING THROUGHOUT THE SCHOOL YEAR?

Yes. Many organizations plan for three or four (quarterly) touchpoints throughout the year. Simply purchase the number of consulting hours that best meet your needs, and we will work with you to schedule sessions as you move through the year. All consultations are offered at a rate of \$450 USD per one-hour session.

WHO IS EMILY WALZ, THE ZONES OF REGULATION'S LEAD CONSULTANT?

Emily is the Director of Learning & Innovation at The Zones. She's a licensed Special Education Teacher (M.S.Ed., LD/EBD/DCD) with over 20 years of experience in the field of education. She spent the first 15 years of her career teaching special education and leading social-emotional learning (SEL) initiatives in New York City and the Minneapolis-St. Paul metro area. Emily's role as Director of Learning allows her to use her rich experience to be hands-on in developing curriculum content and training for Zones leaders, as well as consulting with schools, districts, and organizations in the U.S. and abroad. Passionate about emotional regulation as a cornerstone of well-being, Emily designs inclusive instructional experiences for both youth and adults across settings and tiers of support.

CAN WE ASK FOLLOW-UP QUESTIONS AFTERWARD?



Yes, Emily will send a follow-up email after your consultation meeting and will also be available for additional questions via email at emily@zonesofregulation.com. An additional consultation may also be recommended if needed.

CAN I CANCEL OR RESCHEDULE CONSULT SESSIONS?

Yes, we ask that you please provide at least 24 hours' notice if you need to cancel or reschedule.

FOR FURTHER QUESTIONS REGARDING CONSULTATION, CONTACT:

Emily Walz, *Director of Learning & Innovation*

emily@zonesofregulation.com

