

## Frequently Asked Questions for *Zones of Regulation*® Consultation

### Who is this Consultation for?

Organizations, schools or districts at any stage in implementing *The Zones of Regulation* (Kuypers, 2011).

### Does our team need to have prior knowledge of *The Zones of Regulation* framework?

**YES.** This consultation is not a training on *The Zones of Regulation*, rather it is a discussion and question-and-answer format consultation unique to your site and stage of implementation. We highly recommend attending a *Zones of Regulation* [Basic Training](#) or [Comprehensive Training](#), as well as [Schoolwide Implementation Training](#) (if applicable) prior to meeting.

### What materials are recommended to review before consultation?

- [The Zones of Regulation® Curriculum](#) available through publisher Social Thinking
- [Top 10 Do's and Don'ts for Schoolwide Zones](#) (for schools)
- [Schoolwide Zones Implementation Guide](#) (for schools)

### What materials should we bring to the consultation?

It is helpful to bring *The Zones of Regulation* curriculum book, an implementation plan or resources if you have them, and anything related to specific questions that you have.

### What is a recommended group size for consultation?

Generally speaking, these consultation sessions are most productive with a small team of SEL leaders and administrators within a school or district.

### What kinds of topics/questions can we expect to talk about at consultation?

This is determined by your needs. Some possible topics could be exploring the steps of implementation, ideas for building educator capacity, sharing best practices, and troubleshooting. You will fill out a brief form when requesting a consultation that will help us to gain knowledge of your organization and how we can best frame our conversation.

### Can I set up Ongoing Consultation throughout the school year?

Yes. We have consultation packages that are designed to meet regarding *Zones of Regulation* implementation throughout the course of a school year to develop a sustainable schoolwide implementation plan. This includes one-hour consultation sessions and follow-up with your *Zones* Implementation Specialist with additional resources and action items. All consults are based on an hourly rate of \$300 per hour.

**Can we ask follow-up questions afterward?**

Yes, Emily will be available for follow-up via email at [emily@zonesofregulation.com](mailto:emily@zonesofregulation.com) and you can also schedule a follow-up web consultation session.

**Who is Emily Walz, The Zones of Regulation consultant?**

Emily Walz is a licensed Special Education Teacher (M.S.Ed- LD/EBD/DCD) with 15 years of teaching experience working with unique learners in New York City, the Minneapolis/St Paul metro area. In her teaching career she has worked predominantly with elementary and middle school children with special needs in both resource/inclusion as well as self-contained settings, and has come to specialize in social emotional learning. Emily has also held the role of school-based Social Emotional Learning Coordinator and has worked to design and facilitate the implementation of school-wide *Zones of Regulation* in many schools, which is how she came to meet Leah Kuypers and the team. Emily began working with the team at *The Zones of Regulation* in the fall of 2019, and is deeply passionate about the impact that SEL instruction has on equity and inclusion in schools.

**For further questions regarding Consultation contact:**

**Emily Walz, Zones Trainer and Implementation Specialist**  
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