

Primer or Refresher - A Great Self-Reg Article

The more we read, share and give ourselves permission to be curious (rather than “old school certain”) the better understanding we have of the self-regulation framework.

Dr. Stuart Shanker’s article for the Ministry of Education in Ontario does an excellent job as a primer or a refresher for those who are on the self-reg exploration journey. It particularly highlights the difference between self-regulation and self-control and underscores why expecting and reinforcing simple compliance isn’t the pathway to a healthy future. Lots to digest in this excellent 6 page reference. <http://bit.ly/1vjfT7t>