

Featured Symposium Session
Special Guest:



Dr. Robyne Hanley-Dafoe

Dr Robyne Hanley-Dafoe is a multi-award-winning resiliency scholar and author. Dr. Robyne turns cutting-edge research into practical strategies, empowering audiences to transform stress into wellness and resiliency into action. <https://drrobyme.ca/>

Everyday Resiliency & Optimal Well-Being Learning Circle with Dr. Robyne

In today's demanding world of service professions, mastering stress and building resiliency is not just an advantage - it's essential. Join renowned expert Dr. Robyne Hanley-Dafoe for a Learning Circle designed specifically for individuals and teams in fast-paced, high-stakes environments. This session empowers those who dedicate their lives to serving others to prioritize their own well-being while achieving professional excellence.

This Learning Circle will introduce Everyday Resiliency, a globally recognized model based on five core pillars, and Dr. Robyne's cutting-edge framework for 'optimal well-being', known as Stress Wisely. With relatable insights, actionable strategies, and science-backed tools, participants will gain practical skills to foster sustainable wellness practices and excel in their personal and professional lives.

