

Symposium Keynote Speaker



Jo Phillips

Jo Phillips holds a Bachelor of Arts in Psychology from the University of Calgary and is a certified Youth Resilience Coach through the Youth Coaching Institute. She is passionate about creating supportive spaces for kids and teens, fostering stronger relationships, and providing adults with the tools to focus on the needs of young people. jooutloud.com

Building Resilience

Join Jo Phillips for an interactive and hands-on keynote designed to help you build real-life resilience, not just theory. This session isn't a lecture - it's a chance to dive into practical exercises and strategies that will equip you with the tools to take immediate action and grow stronger, both as individuals and as a community.

Jo will lead you through dynamic exercises to build resilience, using the analogy of blowing up a balloon—slow, steady, and purposeful action that builds strength over time. You'll leave with practical steps to immediately apply to your own goals and challenges. This session is designed for you to walk away with the knowledge and confidence to take action right away, without needing to wait for the next big opportunity. Instead of listening to a lecture, you'll engage, reflect, and put into practice the tools to help you grow. It's about real change, right now.

