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Scholar & Speaker: Resiliency . Wellness . Performance . Leadership

www.robynehd.ca . robyne@robynehd.ca  . @Rhanleydafoe . @dr\_robynehd

**RESILIENCY, WELLNESS AND WELL-BEING FOR CAREGIVERS**

Caregiving is considered one of the most challenging, misunderstood, and rewarding roles in the world. The visible and invisible labour required is unparallel to any of role in our lives. The reality is that being a caregiver can also bring degrees of stress, unrest, and uncertainty that can be overwhelming when people have it navigate this important work alone. There is an extraordinary need to build, foster and cultivate community and learning opportunities for our caregivers.

Each week, a new topic will be introduced to facilitate a community of practice. Research informed ideas, strategies, tools, and resources will be presented and discussed in an informal learning circle. Space will also be held for caregivers to share their stories, and learnings. Our aim is to facilitate knowledge mobilization that is relatable, accessible, sustainable, and realistic.

**ABOUT DR. ROBYNE**

Described as one of the most sought-after, engaging, thought-provoking, and truly transformative international speakers and scholars in her field, Dr. Robyne Hanley-Dafoe is a multi-award-winning education and psychology instructor, author, and resiliency expert. She specializes in navigating stress and change, personal wellness, and optimal performance. In her speaking and teaching work, Dr. Robyne offers us accessible and practical strategies that help foster and cultivate resiliency within ourselves and others. You can learn more about Dr. Robyne’s work here: [www.robynehd.ca](http://www.robynehd.ca)

**Format: Eight Drop-In Sessions: The sessions are open to everyone. They are designed to be inviting, helpful, and restorative, full of tips and new ideas.**

**Hosted on ZOOM**

Tues. Feb. 15 – 6:30 pm – 7:30 pm: Resiliency In Uncertain Times

Sat. Feb. 19 – 9 am – 10 am: Why is Self-Care So Hard? How Can We Change That?

Tues. Mar. 1 - 6:30 pm – 7:30 pm: Stress Circuitry and Emotional Regulation

Tues. Mar. 8 – 6:30 pm – 7:30 pm: Compassion Fatigue and Burnout

Sat. Mar. 12 - 19 – 9 am – 10 am: Using the Eight Realms of Wellness

Tues. Mar. 15 – 6:30 pm – 7:30 pm: How to Build Community and Networks of Support

Sat. Mar 26 - 9-10am: Self-Authorship: How Story-Telling Leads to Purpose

Tues, Mar 29 – 6:30-7:30 pm: Navigating Change: 5 Key Ideas For Working With Change

All the above

**To REGISTER**:

Name: Click or tap here to enter text.

Email: Click or tap here to enter text.

County: Click or tap here to enter text.

Feel free to register for one (check selection) or all of these sessions! Please email Karen Araujo: [karaujo@woodstockhospital.ca](mailto:karaujo@woodstockhospital.ca)