

# **Everyday Resiliency Through Optimal Stress, Personal Alignment and Purpose: How to Show Up and Make it Work for You**



Dr. Robyne Hanley-Dafoe introduces the concept of resiliency from a broad worldview that incorporates five key areas. Sharing from her experiences traveling around the globe, Robyne reviews what people have in common that contributes to resiliency, and what we can do in our own lives to foster resiliency within others and our children. Robyne's talk highlights practical strategies and ideas grounded in optimal stress and positive parenting. Using narrative pedagogy, Robyne's talk shares candid encounters with resiliency that are research informed and readily available to all of us.

Dr. Robyne Hanley-Dafoe is an educator, speaker, author, and consultant. As a multi-award-winning psychology and education instructor, with over 13 years of teaching and research experience at Trent University, Robyne's uses narrative pedagogy to engage and inspire. Described as transformational, Robyne's work connects researched informed practices with everyday applications that are realistic, universal and sustainable.

**Come and see Dr. Robyne Hanley-Dafoe live  
at Dr. Emily Stowe P.S. on Wednesday  
January 22<sup>nd</sup> starting at 6:30pm**