



“speakers’ spotlight”

## Everyday Resiliency: The 5 Pillars – Dr. Hanley-Dafoe

**River Street Promotions** is proud to present an evening with Dr. Robyne Hanley-Dafoe!

With stress, uncertainty, and unrest at a record high, Dr. Robyne Hanley-Dafoe's message is both inspirational and practical. She introduces her theory “Everyday Resiliency: The 5 Pillars” and shares strategies to help foster each pillar within ourselves and others through research-informed, accessible storytelling and real-world applications.

Who: Prairie South and Holy Trinity School Community Council Members and Parents

When: **January 11<sup>th</sup> 6:30 – 7:30 p.m.**

### **Join Zoom Meeting**

<https://prairiesouth-ca.zoom.us/j/8752467425?pwd=Znl1b2tKdHJMN3B3OXF6YTJ4QXRidz09>

**Meeting ID: 875 246 7425**

**Passcode: PSSD**

### **BIOGRAPHY:**

#### **Dr. Robyne Hanley-Dafoe Expert on Resiliency**

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 psychology and education instructor who specializes in resiliency, navigating stress and change, and personal wellness. Her keynotes provide practical strategies, grounded in global research and case studies, that help foster resiliency within ourselves and others.

Hanley-Dafoe's work is inspired by personal experience. She learned resiliency from the ground up as someone who has experienced significant obstacles throughout her life. This, combined with more than 16 years of university teaching and research experience, makes Hanley-Dafoe's work both accessible and relatable while providing realistic and sustainable strategies for understanding and practicing resiliency and wellness.

Hanley-Dafoe is also the author of *Calm Within the Storm*, which outlines a kinder approach to taking on the challenges of life and developing authentic self-alignment and balance.