

SPEAKER PROFILES

Registration will be set up via MRU Library system.

Registration will open at 8:30 am on Monday May 3, 2021.

Watch for registration links, coming soon. You will register for sessions individually, please only register for sessions you will be attending.

Confirmation of Registration will be sent to you from the Library. Some sessions have a limited number of spaces; we recommend registering early.

Since some sessions overlap, please use care when signing up for sessions so as not to double book yourself.

Some speakers are offering two different sessions, you do not have to attend both, you may choose one or both. You will find their profile in this document once on the page of the date of their first offering.

Please seek permission from your supervisor to attend sessions.

If you have any questions, please don't hesitate to reach out to the PD Committee via the mrsa@mtroyal.ca email account.

SPEAKER PROFILES

May 11, 2021



**SUNJAY NATH,
KENOTE SPEAKER**

The Number One Thing
That Holds Us Back

- Profile
 - Sunjay has travelled extensively and addressed in person well over 1,000,000 people around the world since 1995. In 2005, Sunjay became the youngest Canadian (and third youngest in the world) ever to earn his CSP (Certified Speaking Professional). The CSP is the highest internationally recognized designation that a speaker can aspire to achieve.
- Program offering
 - Discover the ways in which we limit ourselves. Learn ways to go beyond traditional approaches to achieve goals.
 - Learning Benefits: Become aware of how we limit ourselves, practice asking questions to move past our limiting beliefs, and learn how to apply this information to reduce the "silo effect".

May 11, 2021



SOPHIE DUFRESNE

Yoga

- Profile
 - Sophie Dufresne has been a full time yoga instructor since 2006 after completing her Teacher Training with Trinity Yoga.
- Program offering
 - Two virtual Yoga Sessions
 - May 11 & 19



**RICHARD HAYNES &
ALICE MAR ROCHER**

Empower Potential Coaching
- Stress Management

- Profile
- Richard Haynes
 - Richard loves to see others shine with success that only happens by tapping into their own gifts and talents and truly moving forward with what they want in life. To help people do this he has an Executive MBA from Royal Roads University, is a Master Practitioner of Neurolinguistic Programming and has multiple professional coaching certifications (PCC, CPC, INLP Coach). Richard has taught stress management in Southern Alberta for the past 18 months and intently studying coaching and influence for over a decade.
- Alice Mar Rocher
 - Alice holds a Master of Adult Education and Human Resource Leadership Development from the University of Texas and has over twenty years of experience in leading, coaching and motivating others to peak performance. A Master Practitioner and Trainer in Neurolinguistic Programming through the Association of Integrative Psychology and Energy Leadership Coach, Alice facilitates accelerated competency development programs, workshops, presentations and customized coaching for leaders who want to embody success and inspiring presence.
- Program offering
 - This session will cover stress management in life generally and offer some specific strategies to deal with the unique challenges during the COVID pandemic. How to manage stress, but more importantly, how you understand yourself so that you can come up with a customized strategy to manage stress and stay mentally sharp.

May 12, 2021

EMMA LADOUCEUR
CALGARY OUTLINK

LGBTQ2IA+ Education



- Profile
 - Driven by love and frustration in all things, Emma is an artist, organizer, and change maker passionate about building community, crying in public, sharing food, and all those things in combination. For all her other efforts, her only real goals are to befriend all the cats in her neighbourhood and to one day return to the forest where she belongs. She brings nearly 15 years of experience working as a champion for her communities and can currently be found at Calgary Outlink Centre for Gender and Sexual Diversity.
- Program offering
 - In this two hour workshop on gender and sexual diversity and inclusion facilitated by Calgary Outlink, participants will gain deeper knowledge and understanding of 2SLGBTQ+ identities and experiences as well as tools to create safer, more inclusive, welcoming spaces in both their professional and personal lives.
 - Session Repeated: May 12 & 18

AMBER ROMANIUK

Emotional Eating



- Profile
 - Amber Romaniuk is an Emotional Eating, Digestive, Hormone Expert and C.H.N.C. who speaks regularly on healthy eating and overcoming self-sabotage with food. She owns her own business, Amber Approved in Calgary.
- Program offering
 - Session 1: Understanding Emotional Eating Behaviors and Habits - May 12
 - Session 2: Ways To Navigate Emotional Eating Triggers and Build Mindfulness With Food - May 19

May 12, 2021

**CARI IONSON &
MICHELLE CHIMENTI**

Nurturing Ourselves/
Nurturing Each Other



- Profile
- Cari Ionson (she/her), M.S.W., R.S.W.
 - Cari is the Dating, Domestic and Sexual Violence Response and Awareness Coordinator out of Wellness Services at Mount Royal University. She has been within this role for the past 5 years where as a passionate advocate for survivors of dating, domestic and sexual violence and educator on healthy relationships and violence prevention.
- Michelle Chimenti (she/her), BSW, RSW
 - Michelle is the Mental Health Outreach Coordinator with the Healthy Campus Team- Wellness Services at Mount Royal University. She works with student volunteers and collaborative initiatives to promote mental health awareness, education and stigma reduction. Michelle is an alumna from Mount Royal University who graduated with the Social Work Diploma in 2016. She completed her Bachelor of Social Work from Dalhousie University in 2018 with a focus on strengths-based and anti-oppressive practice. Michelle is certified through the Alberta Association of Sexual Assault Services to facilitate the 'First Responders to Disclosures of Sexual Assault and Abuse Training'.
- Program offering
 - Nurturing Ourselves/ Nurturing Each Other: For many of us, the pandemic has brought significant challenges to our relationships.
 - This workshop will take a look at some common relationship stressors and the ways we respond to them. Participants will leave with an enhanced awareness of emotional responses and discuss ideas around managing these responses.

HELEN YOUN

Declutter, Organize & Spark Joy



- Profile
 - Helen Youn is the only Canadian KonMari Master Consultant. Helen's mission is to help support people to make room for more joy in their lives by guiding them through space organization techniques using the KonMari Method™
- Program offering
 - Session 1 - What is the Life-Changing Magic of Tidying Up? - May 12
 - Session 2 - The Link between Clutter and Mental Health - May 13

May 13, 2021



JODIE MOFFAT

Financial Literacy

- Profile
 - Jodie is a Financial Empowerment Facilitator at Momentum, a change-making organization that combines social and economic strategies to reduce poverty. Jodie leads the Money Management program including the On-Demand portion of the series.
- Program offering
- Session 1 - Budgeting: Control Your Money - May 13
 - Understand the differences between needs and wants and how it affects your spending habits
 - Learn to track your expense and put together a budget
- Session 2 - Assets: Build your Future - May 19
 - Discover all the valuable qualities and things you have in life.
 - Learn how to use all your different types of assets to overcome the challenges you face.



JESSIE FIDDLER-KISS

Indigenous Education:
A Stone in the River

- Profile
 - Jessie Fiddler- Kiss is Métis and a member of the Métis Nation of Alberta. Her family comes from the Batoche settlement in Northern Saskatchewan. She is an independent education consultant, and Executive Director of the Moss BagProject.
- Program offering
 - Jessie will be sharing private teachings, hosted like a virtual talking circle. The session will focus on cycles of the land, and your place in them. The group will briefly touch on the earth's natural cycles, and then move toward making connections with our own cycles (and disrupted cycles); and how to make connections to stabilizing actions.
 - There will be a brief breakout activity- and then participants will gather, share, and close the group's time together.
 - Participants will need a journal/pencil and or pencil crayons.

May 18, 2021

VINITA PURI

Intervening in Workplace
Conflict



- Profile
 - Vinita Puri is a highly experienced Registered Social Worker and for the past 20 years she has worked with a range of populations across many workplace settings. She has successfully facilitated, trained and coached individuals and groups in Alternative Dispute Resolution (ADR); Crisis Intervention Stress Management (CISM); Mental Health First Aid (MHFA); Applied Suicide Intervention Skills Training (ASIST); Workplace Health (including Medical/Stress Leave) and EAP Counselling Services. Vinita is truly passionate about helping individuals, families, community groups and society at large. As a passionate social justice advocate, she has been recognized as the International Ambassador for Pink Thursday, which is a global social justice coalition that seeks to raise awareness of the harmful impacts of violence in all its forms. She is also an Ambassador of the LEA International Foundation (LIF) which is a global not-for-profit organization that provides educational and psychosocial supports to young women and girls.
- Program offering
 - Gain a better understanding of the concept of conflict and its role in the workplace.
 - Recognize how our own perceptions of conflict and personal temperament may influence how we deal with conflict.
 - Recognize our own conflict style.
 - Review the hierarchical model of conflict management.
 - Learn strategies for early intervention of conflict.
 - Gain a better understanding of when to intervene and when to ask for assistance.

May 19, 2021

HELENE SEGURA

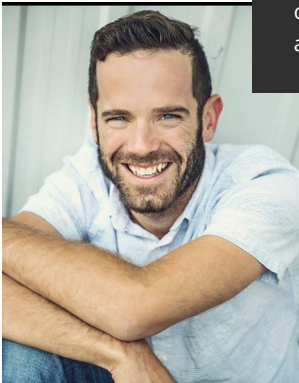
Time Management Fixer



- Profile
 - As The Inefficiency Assassin™, productivity expert and motivational time management speaker Helene Segura empowers busy professionals with the tools to slay lost time. Why not improve productivity and decrease stress levels?
- Program offering
 - In her presentations, Time Management Fixer Helene Segura reveals strategies and tactics to gain back time. Discover how to prevent interruptions, distractions and overwhelm so you can do more in less time.

RILEY OHLER

Resilience in the face of change; lessons from grief and loss



- Profile
 - Riley Ohler is a design-based education specialist with an incredibly diverse background. He focuses much of his time on helping others, building strong organizations through human-centred design practices and building resilient communities. Following the death of his son in 2018, he has worked to improve the mental health of the community of grieving parents in Calgary, through the Bereaved Parent Network of Calgary and founding Dad's in Grief
- Program offering
 - How can you survive through the struggles of being in this strange world, often isolated and seeing each other through the small window of a computer screen? How can you ensure that your mental health remains a priority? Through Riley's personal story, he will explore these questions and the lessons we can learn through grief.
- ****Content warning: Death of a child****

May 20, 2021

**CHRIS KOCH,
KEYNOTE SPEAKER**

If I Can



- Profile
 - Chris Koch doesn't let limitations or obstacles stand in his way. Despite being born without arms and legs, Koch grew up like any other small-town kid — playing road hockey, causing mischief at school, and helping out on his family farm. Neither he or his family treated his disability like a tragedy, and instead used it to fuel his dreams. Today, Koch is a motivational speaker who inspires his audiences to continually challenge themselves and build the life they dream of.
- Program offering
 - The limitations we face in life are often the ones we place on ourselves. Chris Koch's inspirational "If I Can" presentation is about making the most out of life, with a focus on appreciating what we have instead of worrying about what we don't.

**PATRICIA
KOSTOUROS**

Nurturing Relationships
During Stressful Times



- Profile
 - Patricia Kostouros, PhD, R.Psych, CCYCC is a professor at Mount Royal University. Her scholarly interests include post-secondary student mental health and wellness, practitioner wellness/compassion fatigue and vicarious trauma, depictions of suffering in education/trauma informed teaching, and reducing dating, domestic, and sexual violence on postsecondary campuses.
- Program offering
 - Nurturing relationships during stressful times.