
MRSA PD DAYS 2022 (APR. 26-28)

PD DAYS INFORMATION

Registration will be set up via the MRU Library system.

Registration opens April 11 at 8:30 a.m.

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.

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.

Please do not contact the MRU Library with questions regarding these sessions.

SPEAKER PROFILES

Apr. 26, 2022

Opening Keynote
Presentation



**ANTHONY JOHNSON
& DR. JAMES
MAKOKIS**

Building on Indigenous
Values

- Program Offering
 - Dr. James Makokis and Anthony Johnson will deliver a keynote that is centred around storytelling – stories from their upbringings, their connection to the land, their time on the Amazing Race Canada and how their identities have influenced their journeys. They will ask audience members to consider their own connection to land and how incorporating Indigenous values can provide an enriched perspective. This keynote promises to be entertaining, engaging, and an opportunity to build connection with the land and one another.
- Profiles
 - Dr. James Makokis currently heads one of Canada's leading 2SLGBTQIA+ focused medical practices and commits himself to save lives through his progressive empathetic approach to medicine. His approach to medicine incorporates First Nation healing practices to connect the mind, body, and spirit for his patients. Dr. Makokis shares about his struggling years as a youth, and his resiliency to become who he is today.
 - Anthony Johnson graduated from Harvard University with a Bachelor of Arts in 2008. Johnson's life has been full of dedicating his career and his time to countless numbers of non-profit organizations, social movements, and councils. He has recently taken the time to slow down and reconnect with his Navajo Heritage. Johnson's story is one of hope, overcoming adversity, dealing with racism, activism, community engagement and success.
 - Anthony Johnson and Dr. James Makokis recently became the first Two-Spirit team to compete, and win, in the Amazing Race Canada and received national attention for their participation on the show, while bringing new awareness to gender, sexuality and First Nation issues.
 - You can find out more about Anthony and Dr. Makokis at <http://speakerscanada.com/anthony-johnson-james-makokis/>

Apr. 26, 2022



SOPHIE DUFRESNE

Yoga

- Program offering
 - This is a 50-60 minute hatha yoga class, during which time we will explore some gentle variations on popular poses. Expect to stretch, breathe, rest and relax! No prior experience is required. All levels are welcome.
- Profile
 - Sophie is a full time yoga teacher, based in Calgary. She has been teaching yoga since 2006 and practicing since 1999. Prior to the pandemic, Sophie taught at MRU and has since migrated to an online presence to help her students maintain a regular practice. When she isn't on her mat, she's walking her dog or playing outside.



JENN MESSINA

Nutrition

- Program offering
 - Join Registered Dietitian Jenn Messina for this interactive presentation which focuses on dietary and lifestyle strategies to help improve your energy levels and mental clarity and how to make it work with your busy life!
- Profile
 - Jenn Messina is a Registered Dietitian based in beautiful Vancouver, B.C. Jenn is passionate about all aspects of holistic health and practices through the lens of Health at Every Size® and Intuitive Eating. She works with individuals who are tired of the dieting rollercoaster and ready to find balance and joy with food! She also works with families looking to support their children to have a healthy relationship with food and their bodies.
 - Follow her on Instagram: @jennthedietitian and visit her online www.jennmessina.com

Apr. 26, 2022



**JENNIFER
BUCHANAN**

Tune In: How Music
Amplifies Mood,
Motivation and Memory

- Program offering
 - Quite simply, music brings meaning into moments, but on a more complex level, music impacts brain function and human behaviour. Made up of a highlight reel of stories I've gathered throughout my career, coupled with research and strategies to implement, this interactive keynote will ensure your audience stays tuned in.
 - Explore new research that amplifies the work happening at the intersection of music, health, and neuroscience.
 - Hear real stories that demonstrate how music – when used with intention – can reduce stress and anxiety while igniting creativity required for new ideas and problem-solving.
 - Identify how music is a communication bridge, one that can help individuals express and process their most significant life challenges, difficult transitions, and at times, an unexpected health crisis.
- Profile
 - Jennifer Buchanan's company, JB Music Therapy (JBMT), has been instrumental in the implementation of hundreds of music therapy programs throughout Canada since 1991, and has been thrice nominated for the Community Impact Award by the Calgary Chamber of Commerce. JBMT is a team of 18 Certified Music Therapists (MTAs) serving all ages in medical, education and community care settings. Jennifer is the author of several books including - Tune In (2015), Wellness Incorporated (2019) — and her most recent Wellness, Wellplayed: The Power of a Playlist.

Apr. 27, 2022

LAKSHMI SUNDARAM
HOMEWOOD HEALTH

Science of Happiness



- Program offering
 - Scientific studies have shown that 50% of our individual differences in happiness are determined by our genes, 10% by our life circumstances, and 40% by our intentional activities. This one-hour session will introduce participants to some of the research-based “happy habits” they can adopt to increase their levels of happiness and well-being.
 - During this 1 hour wellness session participants will:
 - Develop a deeper understanding about happiness and the latest research in this field of study
 - Increase their understanding of where they can have the greatest impact and influence on increasing happiness and wellbeing
 - Learn research-based techniques and strategies for long-lasting happiness
- Profile
 - Lakshmi Sundaram is a registered psychotherapist, mindfulness coach and workshop facilitator. She works in private practice in Ottawa and occasionally offers mindfulness workshops in partnership with food, nature and horses from her farm in Gatineau, Québec.

Apr. 27, 2022

ERICA WELSH

Connect to Calm with
Qigong



- Program offering
 - Qigong is a powerful and ancient form of meditation exercises that help you create an internal environment of peace and healing. Spring Forest Qigong empowers you with simple tools and techniques, based on ancient wisdom, to help you navigate and transform the daily stressors in the modern and fast-paced world. It allows you to maintain an inner calmness regardless of what is going on around you. Learn how you can use the elements of breathing, visualization, moving meditation, and sound to help transform energy blockages and balance your energy.
- Profile
 - Erica Welsh, BSW, MSW, is a Certified Practice Spring Forest Qigong (SFQ) Leader. In addition to practicing qigong, Erica is an Intern Five Element Medicine Path Practitioner. A practice that is rooted in both the traditional ways of Indigenous medicine people and the science of Classical Chinese Medicine, offering a truly holistic and functional approach to health and wellness.

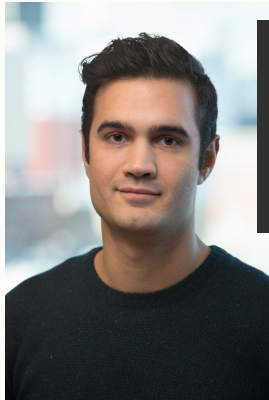
**CENTRE FOR
SEXUALITY -
RACHEL HUH**

Becoming an Ally: Being
an Active Bystander



- Program offering
 - Gain a deeper understanding of the roots of homophobic and sexual harassment and explore strategies to address bullying, prevent harassment and highlight the role of bystanders. You will leave this workshop prepared and confident to address this issue in a way that empowers the person experiencing harassment, while providing teachable moments to those engaging in it.
- Profile
 - Rachel (she/her) is a Training Centre Facilitator at the Centre for Sexuality. With a Master of Arts in Communication Studies from the University of Calgary, Rachel has several years of research experience in the areas of adult education and sexual violence. Rachel has also worked with both higher education institutions and non-profit organizations to develop public education and adult learning curriculum on topics such as sexual violence, critical reflection, feminist and community-based ethics. She is passionate about providing trauma-informed public education that is accessible to all people.

Apr. 27 & 28, 2022



JAMES MACTAVISH

Recognizing and Avoiding
Investment Scams &
Investing in Cryptocurrencies

- Program offerings
 - April 27 - Investing comes with inherent risks, but don't let fraud be one of them. Join us as we uncover the prominent forms of investment fraud, how to recognize them and ultimately protect yourself and others.
 - April 28 - Cryptocurrencies have grown in popularity in the news, online and even in our social circles. Join us as we walk through what cryptocurrencies are, what they do and the major considerations you should understand before investing.
- Profile
 - James is a Senior Advisor of Investor Education at the Alberta Securities Commission. He leads investor and consumer education initiatives designed to help Albertans strengthen their investment literacy and protect themselves from investment fraud. Before joining the ASC, James worked for nearly a decade in the rapidly changing technology space, delivering communications and marketing campaigns for global technology companies.

Apr. 28, 2022

TRISH TUTTON

Mindfulness for the Busy
and Skeptical



- Program offering
 - You lead a busy life in and out of work, so why would you want to take valuable time out of your life to practice mindfulness? If you want to reach your highest levels of efficiency, happiness and personal wellbeing - you may want to listen up! From CEO's to lawyers, doctors to financial advisors, these unlikely meditators are sparking the conversation of why this is the practice to do to reach higher levels of performance and more importantly, personal wellbeing. In this session we'll understand what mindfulness is, how to integrate it into our day in a simple and tangible way that doesn't have to take up a lot of time. We'll explore how to use mindfulness to develop the skill of introspection that is key to avoiding the dreaded BURNOUT that our culture is plagued with. We'll also practice several simple techniques to integrate into your day for less overwhelm and more wellness. Participants will leave with a solid understanding of how slowing down can benefit their productivity and their health as well as some research to back it up and maybe a bit less skepticism.
- Profile
 - After years working in cultures where stress and burnout were seemingly the only way to success, Trish suffered a shocking loss and things became clear: stress is unavoidable, but it doesn't have to dictate our lives. As a speaker and mindfulness teacher, Trish has taught the skills to live and work happier to thousands of professionals, and has created positive change for her clients to become happier, more productive, effective and successful without the busy badge of honour.

Apr. 28, 2022



**DR. CHRIS
CARRUTHERS**

Spotlight on Sleep

- Program offering
 - Sleep is a partially learned skill, and you will be inspired to improve the quantity and quality of your sleep. This program will also help you understand why your students, colleagues and family members are struggling, and how you can support them.
 - Participants will recognize why healthy sleep is essential for health, performance, mental clarity, and emotional balance, become familiar with the evidence linking sleep dysfunction and disease, appreciate the various characteristics of sleep and see options for improving each, take control of their sleep environment, rewire their thinking about sleep, be more aware of key lifestyle choices that affect the quality of sleep and commit to three impactful actions that will improve their sleep TONIGHT.
- Profile
 - Formerly of AHS in various roles, notably of the AHS Chronic Disease Risk Reduction team, Chris is a sleep educator known for her engaging discussions of how sleep is underappreciated, underutilized, and neglected as a key pillar of health. She has broad experience and recognition in adjunctive cancer care, spirituality in chronic disease, and cardiac/exercise physiology. Her most popular work is the Sleep Well Tonight program, which has been delivered to thousands of people over the past twenty years. Chris can inspire you to build the skills and confidence to achieve optimal health.

**BOLLYWOOD -
MADHULIKA
SRIVASTAVA**

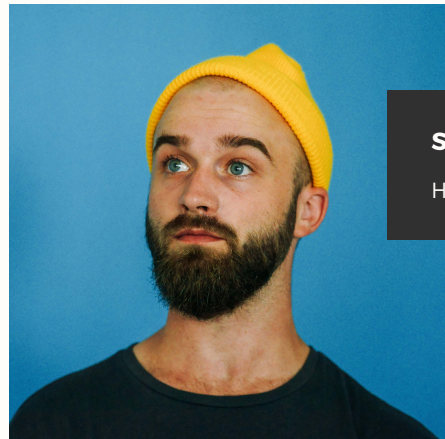
Bollywood Fitness Class



- Profile
 - Madhu studied in India at the Anand Bhawan Academy of Dance and has over a decade of experience in teaching students of all ages this style of dance. Madhu has performed in and choreographed for various shows and festive gatherings in India, the Middle East and across Canada. Madhu owns and runs her own Bollywood dance studio in Calgary.
- Program offering
 - This is a 60 minute Bollywood Fitness Class. Fun-filled hour of core strengthening, upper and lower body muscle toning and cardio to the rhythm of fast paced Bollywood and Bhangra music. No prior experience is required. All levels are welcome.

Apr. 28, 2022

Closing Keynote Presentation



STEPHEN ROBINSON

How to Learn Anything

- Program offering
 - Throughout the presentation, Stephen extracts valuable lessons from when he learned to build a cake baking robot, survive in the wild for 5 days and solve a Rubik's cube while skydiving. Using the Rubik's cube skydive stunt as a framework, he will share with the audience the value of persistence, asking for help and most importantly why you should always be bad at something and FAIL YOUR FACE OFF.
- Profile
 - Stephen is a YouTube Creator, speaker and entrepreneur from Edmonton, Alberta.
 - From building a robot that can bake a cake, to solving a Rubik's cube while skydiving, he has spent the past six years documenting the process of learning over 130 skills on his YouTube channel "Stephen Robinson" and TV show "How to Learn Anything". Throughout this experience he has discovered the secret sauce that makes learning just about anything effective and enjoyable.
 - What's the key? Be bad at stuff, fail lots and keep going.

MRSA PD DAYS 2022 (APR. 26-28)

	Tue. April 26, 2022	Wed. April 27, 2022	Thu. April 28, 2022
Morning	10:00 - 11:15 am Opening Remarks & Opening Keynote - Anthony Johnson & Dr. James Makokis	9:30 - 10:30 am Homewood Health Lakshmi Sundaram (Science of Happiness)	9:30 - 10:30 am Trish Tutton (Stress Management)
		10:45 - 11:45 am James MacTavish (Recognizing and Avoiding Investment Scams)	10:45 - 11:45 am Dr. Chris Carruthers (Sleep)
Lunch	12:00 - 1:00 pm Yoga with Sophie	12:00 - 1:00 pm Erica Welsh (Qi Gong)	12:00 - 1:00 pm Bollywood
Afternoon	1:00 - 2:00 pm Jenn Messina (Nutrition)	1:00 - 4:00 pm Centre for Sexuality Rachel Huh (Becoming an Ally)	1:00 - 2:00 pm James MacTavish (Investing in Cryptocurrencies)
	2:15 - 3:45 pm Jennifer Buchanan (Tuning In)		2:05 - 3:15 pm Closing Remarks & Closing Keynote - Stephen Robinson