

MRSA PD DAYS

March 8 & 9

April 18, 19 & 20

MRSA PD Committee Presents:

Resilience!

SESSION INFORMATION

Registration for the April sessions is now available via Google Forms.

We have invited the following speakers back from March Sessions: Andrea Holwegner (Opening Keynote), Leda Stawnchyko, Janet Arnold, Lana Asuchak, Nicola McCrabbe, Jessica Janzen, Bryan Miller

We will also be welcoming the following first-time speakers for our April Sessions: Gabrielle Lindstrom, John and Yvonne Rigsby-Jones from the Indian Residential School Survivors Society (IRSSS), James MacTavish, Lee Coverly, Prasamsa Thapa, Mark Tewksbury (Closing Keynote)

You will need to register for sessions individually, please only register for sessions you are able to attend.

You will receive a Google Meets invite the day before your session.

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@mrustaff.ca email account.

Participants will be eligible to win a \$25.00 e-gift card, as well as a prize from one of our sponsors.

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April 18, 2023

SPEAKER PROFILES

Opening Keynote Presentation
Andrea Holwegner

Meal Prep & Planning for Busy People
9:30 - 11:00 AM - Virtual



Registered Dietitian, Andrea Holwegner (“The Chocoholic Nutritionist™”) is founder and owner of Health Stand Nutrition Consulting Inc. since 2000. She leads a team of professional Dietitians that help empower people to create a healthy and joyous relationship with food and their body. She is an online nutrition course creator, professional speaker and regular guest in the media. Andrea is the recipient of an award by the Dietitians of Canada: The Speaking of Food & Healthy Living Award for Excellence in Consumer Education. In her spare time, she enjoys skiing, mountain biking and sipping wine with her husband over a delicious meal. Most of all, she loves being a mom and playing in the dirt in the vegetable garden she grows with her son.

Visit www.HealthStandNutrition.com for her latest TV segments, articles and healthy recipes on her award-winning blog and popular weekly nutrition newsletter. Find Andrea on Instagram, Facebook, Twitter @chocoholicRD

April 18, 2023

Leda Stawnchyko

Leading Self: Fostering Personal Resilience in the Post-Pandemic University

11:00 AM - 12:00 PM - Virtual



Dr. Leda Stawnchyko is an Assistant Professor of Strategy and Organizational Theory at MRU's Bissett School of Business. Her research interests include leadership effectiveness and development, organizational performance, and transformative learning.

Before joining MRU, she spent over 20 years as an administrative staff member at the University of Calgary. She draws on her extensive personal and professional experiences to demonstrate how adversity can be used to create new opportunities for renewal and self-transformation.

Lee Coverly

Barre (session #1)

12:00- 1:00 PM - On Campus

Lee was one of the first students to complete MRU's PFT diploma, and has since gone on to pursue a fulfilling fitness coaching career.

She spent time as a Health and Wellness Manager for Holland America Cruise Ships, working with clients from around the globe. She then travelled to India to live and study Ashtanga yoga for 3 months, followed by 10 years of teaching in Maui. Lee has also run her own corporate wellness company for 19 years, which allowed her to work with busy executives and semi-retired athletes from track and field, hockey, and volleyball teams.

Lee loves to work with clients who want to work harder but smarter, believing that fitness should be fun but challenging. She lives by the saying "train people well enough so they can leave, but treat them well enough so they don't want to", quoted from Richard Branson.



April 18, 2023

Gabrielle Lindstrom

**Beyond Indigenous Awareness and Competencies Training:
Centering Indigenous Relationality in Professional Development**

1:00 - 2:00 PM - Virtual



Dr. Gabrielle E. Lindstrom, Tsa'piinak,i is a member of the Kainai Nation, Blackfoot Confederacy. An Assistant Professor in Indigenous Studies with Mount Royal University, her teaching background includes instructing on topics around First Nation, Métis, and Inuit history and current issues, Indigenous Studies (Canadian and International perspectives), Indigenous cross-cultural approaches, and Indigenous research methods and ethics. Her dissertation research focused on the interplay between trauma and resilience in the postsecondary experiences of Indigenous adult learners. Other research interests include meaningful assessment in higher education, Indigenous homelessness, intercultural parallels in teaching and learning research, Indigenous lived experience of resilience, Indigenous community-based research, parenting assessment tools reform in child welfare, anti-colonial theory, and anti-racist pedagogy.

James MacTavish

Starting your investment journey (session #1)

2:00 - 3:00 PM - Virtual

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.



Day 1 Concludes

April 19, 2023

Janet Arnold

**Resilience and Secure Bases:
Recognizing your Resources and How They Help
you Navigate Challenging Times**
9:00 - 10:00 AM - On Campus

Janet is a Registered Social Worker and Certified Thanatologist. She has held many positions at MRU over the past 13 years including Student Counsellor, Acting Human Rights Advisor, Access Advisor and contract faculty.

She has over 30 years of experience as a counsellor, teacher, crisis worker, and volunteer in the areas of death, dying, and bereavement; trauma and crisis management; and suicide prevention, intervention, and bereavement.

Her goal is HOPE - Helping Other People Excel.



Indian Residential School Survivors Society (IRSSS)

The Indian Residential School Survivor Society (IRSSS) is a provincial organization providing essential services to residential school survivors/students, their families, and loved ones, and Indigenous people experiencing intergenerational trauma.

The IRSSS has been serving First Nations people in B.C. since 1994, just ten years after the last Indian residential school closed in the province. Recently, the IRSSS has supported students and survivors with triggering and distressing situations, including the uncovering of unmarked graves at Indian residential schools across the province and nation, while providing emotional and spiritual support as needed.

The ever-changing and growing team at the IRSSS also provides dedicated and specialized services to support people, families, and communities affected by Missing and Murdered Indigenous Women and Girls (MMIWG). In addition, the IRSSS supports intergenerational survivors (aged 12-18) who are in the criminal justice system who seek culture as well as support with building healthy relationships.

**John and Yvonne Rigsby-Jones (Elders) of
The IRSSS, presenting Coming Full Circle**

10:00 - 11:00 AM - Virtual



April 19, 2023

Lana Asuchak

Pilates Fit Fitness Class
12:00- 12:45PM - On Campus



Lana is an empowering and passionate champion for personal and professional change. She is an expert in Health and Wellness, and a successful fitness consultant. Lana has her Masters of Arts in Exercise Psychology, her Bachelor of Physical Education, and various certifications as a fitness expert.

Lana is a proven and articulate expert and speaker on matters relating to stress, health and fitness. Her mission is to help people integrate vitality and energy into their lives so they not only look and feel great, but live a healthier and more active lifestyle. She discovered fitness at 16, and fell in love with it and has dedicated her life to her passion for fitness from teaching, training, and educating others to live their best life.

Bryan Miller

People First: How Higher Education Institutions Could Benefit From a Human-Centred Leadership Approach

11:00AM - 12:00 PM - On Campus

A stakeholder of MRU for 12 years, as student, staff, and graduate from the BBA, a recent graduate from the University of Calgary's Master of Education, and current Assistant Registrar at Alberta University of the Arts.

I have always held education as a core value in my life and love that I am able to support it everyday.



April 19, 2023

Nicola McCrabbe

Better Resilient People, One Habit at a Time

2:00 - 3:00PM - Virtual

Nicola McCrabbe is an executive leadership coach and speaker with a background spanning various industries, including academic, corporate, and non-profit. She gets the technical stuff but loves the people stuff. Nicola transitioned from a Computer Science "junkie" to a People "junkie" over 15 years ago. Nicola specializes in helping corporate clients educate and coach their teams to balance maximum productivity with emotional and mental health. She believes that Better People make for Better Teams and Organizations.

Nicola's book "Burnout Be Gone: Healthy Habits for the Overwhelmed Perfectionist at work" was just published.



Day 2 Concludes

April 20, 2023



Jessica Janzen

The Hard Work of Joy

10:00 - 11:00AM - Virtual

Jessica Janzen is a speaker, coach, author, and philanthropist. A wife, mother of 3 and go-getter. She is an advocate for mental health, rare disease, and all things joy.

She has empowered thousands from on the stage, through her book, *Bring the Joy*, and by coaching and facilitating workshops on her foundational pillars for joy.

Prasamsa Thapa

Embrace your inner dancer with Nepali tunes for fitness

11:00AM - 12:00PM - Virtual

Prasamsa Thapa is an active volunteer at the Nepalese communities based in Calgary. She has been part of multiple capacity-building and community outreach programs. She is passionate about dance and mainly does Nepali and Bollywood dances. She is a certified BollyX instructor as well. Professionally, she works at the City of Airdrie as Senior GIS Specialist. She holds a Master of Science degree in Geography from the University of Calgary.



April 20, 2023



Lee Coverly

Yoga (session #2)

12:00- 1:00 PM - On Campus

Lee was one of the first students to complete MRU's PFT diploma, and has since gone on to pursue a fulfilling fitness coaching career.

She spent time as a Health and Wellness Manager for Holland America Cruise Ships, working with clients from around the globe. She then travelled to India to live and study Ashtanga yoga for 3 months, followed by 10 years of teaching in Maui. Lee has also run her own corporate wellness company for 19 years, which allowed her to work with busy executives and semi-retired athletes from track and field, hockey, and volleyball teams.

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James MacTavish

DIY investing fundamentals (session #2)

1:00 - 2:00 PM - Virtual

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.



April 20, 2023

Closing Keynote Presentation
Mark Tewksbury

Going the Distance: Finding Ways Forward No Matter What the Circumstances

2:00 - 3:00 PM - Virtual



Mark Tewksbury first came to prominence as a record-breaking backstroke swimmer. His sixteen-year athletic career included 21 national titles, 7 world records, Olympic gold, silver and bronze medals, and a cover appearance on TIME magazine.

When he publicly came out in 1998, Mark was one of the first openly gay Olympic Champions in the world and has been a leader with the global 2SLGBTQ+ movement ever since.

In 2019, he was awarded a Muhammad Ali Humanitarian Award for his work in gender inclusion and sexual diversity.

In 2020, Mark was appointed Companion of the Order of Canada, the nation's highest civilian honor. In 2022, Mark represented Canada as part of the Honours Procession at Her Majesty Queen Elizabeth II's State Funeral.

Mark is currently Vice President of the Canadian Olympic Committee.

Day 3 Concludes