

**MRSA PD DAYS**  
**March 8 & 9**  
**April 18, 19 & 20**

**MRSA PD Committee Presents:**

# ***Resilience!***

## **SESSION INFORMATION**

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

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

Confirmation of Registration will be sent to you.

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](mailto:mrsa@mrustaff.ca) email account.

March 8, 2023

# SPEAKER PROFILES

Opening Keynote Presentation  
**Andrea Holwenger**

**Leveraging Nutrition for Productivity & Resilience**  
**9:30-11:00AM - 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](http://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

March 8, 2023

## Nicola McCrabbe

### Better Resilient People, One Habit at a Time

11:00-12:00PM - 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.



## Lana Aschuck

### Full Body Strength 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.

March 8, 2023

## Tyler Smith

### Perspectives after Trauma: Mental Health Lessons following Trauma

1:00-2:00PM - Virtual

Tyler Smith is a surviving member of the 2017-2018 bus crash of the Humboldt Broncos hockey team. He aims to inspire and connect with others through public speaking engagements, using his own experience to further mental health recognition and healing after trauma.

Tyler Smith dives deeper into his personal relationship with strength and struggle and the many misconceptions he had previous to embracing his own mental health journey.



## Leda Stawnchyko

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

2:00-3:00PM - Virtual



Dr. Leda Stawnychko 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.

## Day 1 Concludes

**March 9, 2023**

**Deb Bennett**

**Learning about loss and grief: challenges and choices**

**9:00-10:00AM - Virtual**

Deb graduated with a Social Service Diploma from Mount Royal College in 1987. She began teaching at MRU in the Social Work Department in 2005 and joined the Department of General Education in 2011 to teach undergraduate studies courses. Deb currently teaches UGST 1002: Change, Challenge and Choice, a wellness elective.

Before teaching Deb was a social worker for 20 years. Her various roles included family and individual counselling, crisis work for the Calgary Police Service and medical social work at the Banff, Canmore and Foothills hospitals. She was a bereavement counsellor at Hospice Calgary and continues to offer presentations on various aspects of grief and loss to classes and communities.

Her research interests include loss and grief, student wellness, student success, and the scholarship of teaching and learning.



**Dr. Travis Hay**

**Preventing 'Denialism' Within and Beyond MRU**

**10:00-11:00AM - On Campus**

Travis Hay is a Canadian historian of settler colonialism and federal Indian policy. Born and raised in Thunder Bay, Ontario, Travis moved to Treaty 7 territory in 2021 to take up a position as an Assistant Professor in the Indigenous Studies Program with the Department of Humanities. Travis also currently sits on the Board of Directors for the Alberta Civil Liberties Research Centre and acts as the English Language Book Review Editor for the Canadian Journal of Health History.

His first monograph - *Inventing the Thrifty Gene: The Science of Settler Colonialism* (2021)- is available through the University of Manitoba Press.



**March 9, 2023**

**Janet Arnold**

**Resilience and Secure Bases:**

**Recognizing your Resources and How They Help you Navigate Challenging Times**

**11:00-12:00PM - 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.



**Bryan Miller**

**Bryan Miller with People First:  
How Higher Education Institutions Could Benefit  
From a Human Centred Leadership Approach**

**1:00-2:00PM - 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.

**March 9, 2023**



**Jessica Janzen**

**The Hard Work of Joy**

**2:00-3:00PM - On Campus**

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.

**Day 2 Concludes**