

EVENT

The Professionalism Series: Resiliency and Wellness in the Workplace



May 01, 2019
8:30 a.m. - 1:00 p.m.

Borden Ladner Gervais LLP
Bay Adelaide Centre East Tower, 22 Adelaide St W, Suite 3400 Toronto,
ON, Canada M5H 4E3

Please join us for a keynote presentation followed by a curated panel discussion centred on building resiliency and mobilizing a professional culture of wellbeing.

Keynote

Resiliency Through Optimal Stress, Resourcefulness and Goal Setting: Making it Work for You!

Throughout the keynote, [Dr. Robyne Hanley-Dafoe](#), Expert on Resiliency and Workplace Wellness and Senior Educational Developer for the Centre for Teaching and Learning at Trent University, will highlight practical strategies and ideas that are grounded in optimal stress and resourcefulness, as well as the importance of continued goal setting. Robyne will facilitate opportunities for participants to reflect on how they can build, adapt and strengthen their approach to resilient practices from a behavioural perspective.

Curated Panel Discussion

Following the keynote, Robyne will join panelists [Marie-Helene Favreau](#), Director of Mental Health, Workplace Practices and Disability Management at Bell, and [Maria Gergin](#), senior associate in BLG's [Labour & Employment Group](#) and certified Canadian Mental Health Association Psychological Health and Safety Advisor. Through a curated dialogue moderated by [Daphne Jarvis](#), partner in BLG's [Health Law Group](#) with a specialty focus on mental health law, the panel will unpack the increasing challenges to resiliency in the professional context and share ideas to promote a workplace culture that is inclusive and supportive of mental wellbeing.