Robyne Hanley-Dafoe

Thursday, June 6, 2019
10:30 a.m. - 11:30 a.m.
Doon Campus, Recreation Centre, North Gym
To attend this event register for PDEV0660

Resiliency through Optimal Stress, Resourcefulness and Goal Setting: Making It Work for You!

Robyne’s talk introduces the concept of resiliency from a broad world view that incorporates 5 key areas. Sharing from her experiences traveling through Central America, the Middle East and North America, Robyne reviews what children and adults have in common that contributes to resiliency, and what we can do in our own lives to foster resiliency within ourselves and others. Robyne’s talk highlights practical strategies and ideas that are grounded in optimal stress, resourcefulness and the importance of continued goal setting. Using narrative pedagogy, Robyne’s talk shares candid encounters with resiliency that are research informed and readily available to all of us.

Dr. Robyne Hanley-Dafoe is a multi-award-winning psychology Instructor who specializes in resiliency, navigating stress and change, and personal wellness in the workplace. Described as transformational, engaging, and thought-provoking, Robyne’s keynotes provide practical strategies grounded in global research and case studies that help foster resiliency within ourselves and others. As the Senior Educational Developer for the Centre for Teaching and Learning at Trent University, Robyne focuses on providing professional development for the teaching community and cultivating student engagement. She is committed to finding innovative solutions for creating positive learning relationships and environments for both students and teachers. Robyne has also been a psychology instructor at Trent for more than 10 years.