**WORKSHOP AGENDA**

**9:15 – 9:50 a.m.**

* **Keynote: Cultivating** **a Resilient Mindset**

**Presenter:** Dr. Peter Weller, Clinical and Community Psychologist

**9:50 – 10:20 a.m.**

* **HR Reality Check: On the Frontlines of Workplace Wellbeing**

**Presenter**:Joni-Gaye Cawley, HR Consultant

**☕ Break**

**10:20 – 10:30 a.m.**

**10:30 – 11:00 a.m.**

* **Shift Happens:**  **Reframing Stress through Focus, Language, and Physiology**

**Presenter:** Niamh Liston, Personal Mastery Coach

**11:00 – 11:35 a.m.**

* **Leading Through Uncertainty: From Grief to Grace**

**Presenter**: Rev. Michele Synegal, Diversity, Equity and Inclusion Consultant

**11:35 – 12:00 a.m.**

* **Integration Activity: Resilience in Action.**

Facilitators: Hope McNish & Dr. Peter Weller

**12:00 – 12:30 p.m.**

**Closing Circle**

Facilitators: Hope McNish & Peter Weller