



# SUPPORT STAFF PROFESSIONAL DEVELOPMENT

March 9 - 11, 2021



As the annual *Support Staff Professional Development* event approaches, please review the calendar of upcoming sessions and register for the ones you are most interested in.

**To learn more about the event and this year's speakers, please visit the [Support Staff Training page](#) in the Learning and Development section of the Humber HROE website.**

**Tuesday**  
March 9

**AM**

Rumeet Billan, PhD

**Building Resilience in  
Times of Change**

**PM**

Cyndie Flett, MA

**The Human Side of  
Effective Collaboration**



**Wednesday**  
March 10

**AM**

Diana Tikasz, MSW, RSW

**Key Tools to Safeguard  
Your Wellbeing**

**PM**

Randi-Mae Stanford-Leibold, RSW

**Relaxation and Meditation as a  
Means to Managing Stress**



**Thursday**  
March 11

**AM**

Liz Eustace

**Through the Looking Glass:  
Thriving in the "New Normal"**

**PM**

Gillian Mandich, PhD

**The Happiness Quotient:  
How to Be Happy, Be Thankful  
and See Life Positively**



*If you have questions about this event, please email us at [oe@humber.ca](mailto:oe@humber.ca).*