The ISCEBS Alberta Chapter is excited to present this complimentary webinar on personal resilience which can be particularly challenged during complicated times such as we are experiencing now with the Covid-19 pandemic.

**Personal Resilience in the Brave New Workplace**
This session will focus on the importance of resilience during times of adversity. Our speaker will discuss how skill-based behaviours can be trained and will create marked shifts in mindset and mood to drive behaviour change and improve mental wellness. Dr. Todd’s mission as a psychiatrist and a CEO is to help people get ahead of adversity.

**Speaker: Dr. Ryan Todd**
Dr. Ryan Todd is a psychiatrist at Foothills Hospital in Calgary, Alberta, where he has seen and treated thousands of individuals who have a mental illness as a result of trauma, medical or surgical illness. Dr. Todd believes mental wellness can be learned and practiced by everyone, and that technology is a vital resource in helping bridge the gap between demand and mental healthcare today. This belief fueled his desire to start headversity, a mental wellness tech company where he acts as CEO. Through headversity, Dr. Todd envisions building a culture of mental wellness in the Canadian workforce through mobile, micro, and measurable training.

**DATE:** Wednesday, May 13, 2020

**LOCATION:**

**TIME:** 11:00 am MDT

**COST:** Complimentary

**REGISTRATION:** Please email the Alberta Chapter no later than May 11th to register for this webinar. The chapter will send you information on how to join the Webex prior to session.

This program qualifies for one (1) CEBS Compliance Credit. Visit [www.cebs.org/compliance](http://www.cebs.org/compliance) for more information.