



## How to Start Empowering (and Stop Helping)

<b>Facilitator(s):</b>	Sue Huff
<b>Date:</b>	March 17, 2025
<b>Time:</b>	4:00 pm – 6:00 pm
<b>Cost:</b>	
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	25-IE-048-CARC

### Target Audience

Teachers, Educational Assistants, Parents, Support Staff

### About this Learning Opportunity

When someone is suffering, we naturally want to release them from that pain. We want to provide comfort, support, solutions, ideas, advice.... in short, we want to HELP. But sometimes, our help doesn't seem very... helpful. It may be rejected. It may be met with defensiveness or ignored entirely. It may even seem to make things worse. Often that is because our good intentions aren't very empowering and the person who is on the receiving end feels in some way diminished, blamed, misunderstood or judged.

This workshop is based on the principles of Peer Support, and will start the process of shifting your role from the "one with the answers", to the "one who helps them find their own answers". We will discuss healthy boundaries, the difference between feeling Responsible FOR someone and feeling Responsible TO someone, how active listening and becoming more comfortable sitting with difficult emotions can help you walk beside someone rather than feeling the need to protect them from their pain, rush in to fix it, or avoid it altogether.

*This learning opportunity is being subsidized through funding from Alberta Education.*

### About the Facilitator(s)

#### Sue Huff

Sue is a parent mentor at the Alberta Wellness Center for Eating Disorders ([www.albertaWellnessED.com](http://www.albertaWellnessED.com)), providing support and coaching for caregivers who have a loved one with an eating disorder. She also has private clients from the USA and across Canada ([suehuff.ca/familypeersupport](http://suehuff.ca/familypeersupport)). Sue is the founding Executive Director for the Eating Disorder Support Network of Alberta, author of a book on eating disorders, and the parent of a child who has recovered from Anorexia Nervosa. She is trained in family peer support, emotion focused family therapy, and mediation. Prior to entering the mental health field, Sue had a career as a professional actor, writer and director in theatre, film, TV, and radio. She also did a brief stint as a politician. She lives in Edmonton with her husband and English Setter, Chester.