



## Cultivating Resilience in Young Learners: The Crucial Role of Educators

<b>Facilitator(s):</b>	Larissa Predy
<b>Date:</b>	May 26, 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-059-CARC

### Target Audience

Teachers, EA's

### About this Learning Opportunity

Resilience is the ability to bounce back from adversity, overcome challenges, and adapt to change. It's not about avoiding hardship, but about developing the skills and mindset to navigate difficulties successfully. In today's complex world, fostering resilience in children and youth is paramount to their academic success, mental health, and overall well-being. Teachers play a crucial role in this aspect of students' development. This webinar provides educators with practical strategies and tools to foster resilience in the classroom and beyond. Developmental psychologist, Larissa Predy, will explore the key factors that contribute to resilience, and learn effective techniques for building self-esteem, coping skills, and problem-solving abilities in students. Attendees will gain practical strategies for creating a supportive classroom environment that promotes emotional well-being and helps students navigate challenges effectively. Leave this webinar empowered to support your students' social-emotional learning and their ability to thrive in the face of adversity. This webinar will be most applicable to educators in Kindergarten through grade 8.

Participant engagement will benefit all, as we discuss some of your most challenging students.

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

### About the Facilitator(s)

#### Larissa Predy

Larissa has over 15 years of experience working with individuals with developmental disorders in various settings. She has a strong reputation in comprehensive psychological assessment and intervention, specializing in ADHD, Autism, learning difficulties, exceptionalities, behaviour problems, personality, and parenting concerns. Larissa is a PhD candidate in cognitive developmental psychology, with a specialization in psychopathology and executive functioning across the lifespan.

Larissa provides clinical supervision, consultation, and CAP supervision for provisional psychologists. She is an adjunct academic colleague with the University of Alberta's Department of Educational Psychology, and supports student internships from the University of Calgary's School & Applied Child Psychology program, as well as counselling programs including the University of Lethbridge, Yorkville, and City University.