

Keeping Your Cool in Challenging Situations Part 2 of 2

Facilitator(s):	Kelly Maxwell, Rosanna Ruppert
Date:	March 23, 2023
Time:	4:00 pm – 5:00 pm
Cost:	No charge
Location:	Virtual
Type:	Webinar
Session Code:	23-MH-293

Target Audience

Educational/Instructional Assistants

About this Learning Opportunity

As we continue with this topic of keeping our cool in challenging situations, you will learn to view these situations from a new perspective. It will build empathy and give you practical tools to help you communicate in new and effective ways. These skills work and will transform your everyday connections at work and at home.

NOTE: You will receive a pre-recording of this session along with presenter's slide deck, after the session is completed.

About the Facilitator(s)

Kelly Maxwell

Kelly Maxwell has a Bachelor's and Master's of Education from the University of Alberta and has been an elementary school teacher for 32 years. She has also completed training in the teaching of Dialectical Behavior Therapy or DBT Skills.

Kelly is passionate about sharing DBT-informed skills with educators because of how they transformed her mental health and her relationships with her family and students. These skills allowed her to better connect with students, de-escalate tense situations and transform her classroom. It also led her to co-found a unique non-profit organization called SILA Skills, which brings these skills to the workplace. SILA = Skills In Life for All. That is their mission - bring skills to everyone so they can be more effective with the people they serve.

With a candid, engaging style, Kelly uses real-life examples from her personal and professional experience to bring her teaching to life. Kelly first learned about DBT Skills when she was searching for something to help communicate with her son, Tom, who had been diagnosed with schizoaffective disorder. She saw immediately how these skills could be used in her classroom. The kids' emotional needs were huge, and the impact on her classroom was immediate.

Learn how you can do the same in your classroom!

Rosanna Ruppert

Rosanna Ruppert is a Dialectical Behaviour Therapy (DBT) skills practitioner, DBT skills coach for youth and adults, and workshop developer for teachers, education assistants,

guidance counsellors, and child and youth counsellors. She implemented a pilot project bringing DBT-based skills to 5 Toronto-area schools, training, and coaching teachers, educating parents, and tailoring curriculum to accommodate the specific needs of schools. Her teaching style and responsiveness make her highly regarded and sought after by schools. Rosanna ran the first-ever DBT-focused conference for educators in the Toronto area attended by 50 teachers and school board staff. Rosanna has extensive experience delivering DBT-informed skills to families across Canada. Rosanna is committed to teaching these essential skills through the SILA Skills Workshops.

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