

**BIOGRAPHY:**

**Dr. Robyne Hanley-Dafoe**  
**Expert on Resiliency and Workplace Wellness**

Dr. Robyne Hanley-Dafoe is a multi-award-winning psychology and education instructor who specializes in resiliency, navigating stress and change, and personal wellness in the workplace. Described as transformational, engaging, and thought-provoking, Hanley-Dafoe's keynotes provide practical strategies, grounded in global research and case studies, that help foster resiliency within ourselves and others.

As the senior educational developer for the Centre for Teaching and Learning at Trent University, Hanley-Dafoe focuses on providing professional development for the teaching community and cultivating student engagement. She is committed to finding innovative solutions for creating positive learning relationships and environments for both students and teachers. Hanley-Dafoe has also been a psychology instructor and researcher at Trent for more than 13 years.

Hanley-Dafoe's work is inspired by her interest in resiliency and wellness including the intersections of stress, optimal challenge, navigating change, goal-setting, and personal alignment.