

Alliance for Mental Wellness Presents

From Burnout to Resilience: Thriving in a Digital World



All of us are challenged by issues of burnout and anxiety that can feel relentless at times. The combination of the pandemic, social injustices in our community, and hour after hour of living and working off a screen leaves us feeling stressed and longing to be more grounded. This forum is designed to teach you how to prevent burnout, build resiliency, promote compassion for ourselves and others, self-care, and most of all improving our mental wellness!



Keynote Speaker

Hamza Khan is a multi-award winning marketer, best-selling author, and global keynote speaker whose TEDx talk “Stop Managing, Start Leading” has been viewed over a million times. He is a top-ranked university educator, serial entrepreneur, and respected thought leader whose insights have been featured by notable media outlets such as VICE, Business Insider, and The Globe and Mail. He empowers youth and early talent through his work as Managing Director of Student Life Network, Canada’s largest and most comprehensive education resource platform, which reaches over 2.7 million students. Learn more at hamzakhan.ca



Opening Speaker

Amy Kathleen Lee is an award-winning eating disorder recovery advocate, passionate motivational speaker, and suicide prevention trainer. She eloquently shares her healing journey through childhood trauma, an eating disorder, self-harm, and suicide. Her powerful testimony of triumph over suicide and living with a mental health condition has been heard by over 4,000 young people across the Central Coast of California. Amy is a QPR suicide prevention trainer and the CEO of her own nonprofit, Dancing with ED. Learn more at Amykathleenlee.com

Thursday, October 22nd, 2020 | 6–8pm

Register today at www.allianceformentalwellness.com

