

Conference
June 2 2023 1 – 4 pm

Removing the Cape: Embracing Resilience and Grit for Sustainable Social Work Practice
Speaker: Terri-Ann Richards

Social workers are **superheroes**. You promote and support well-being with those you serve while fighting against social injustices. You support people across all backgrounds, through all walks of life and challenges faced. Social work is more than a job, just like superheroes, it's a vocation; a way of life. And, just as Spiderman or Wonder Woman would, you rarely ask for any special treatment or consideration. You do what is needed! But even superheroes take off their capes.

During this keynote presentation, Terri-Ann will move you to remove your cape to include time to just "BE". Harnessing the power of resilience and grit to thrive through life's chaos and mess, while learning your own version of sustainable success.

Terri-Ann is a serial entrepreneur with almost two decades of experience behind her, spanning eight different industries. Over the past six years, Terri-Ann has been coaching and training leaders and their teams on how to effectively lean into the power of resilience, grit and communication. She's a two-time published author, the host of the Balanced Perspective Podcast, Founder of the Night of Influence Awards and the Producer of the Annual BE event for Leaders.

A woman who in her own words, has "*succeeded wildly and failed miserably in both life and business,*" she understands that life is just a series of ups and downs and that it's not if you fall, but when and how quickly you'll get back up. She's known for her infectious optimism, authentic style and resilient attitude.

Mom of two, grandma of one, when not coaching or speaking, you'll find Terri-Ann within the paths of New Brunswick hiking with her partner!