



BIOGRAPHY:

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

Described as one of the most sought-after, engaging, thought-provoking, and truly transformative international speakers and scholars in her field, Dr. Robyne Hanley-Dafoe is a multi-award-winning education and psychology instructor. She specializes in resiliency, navigating stress and change, wellness in the workplace, and optimal performance, both at home and work. Hanley-Dafoe's keynotes offer accessible and practical strategies, grounded in global research, that help foster resiliency and wellness within ourselves and others.

Hanley-Dafoe's work is inspired by personal experience. She learned resiliency from the ground up as someone who has experienced significant obstacles throughout her life. This, combined with more than 18 years of university teaching and research experience, makes Hanley-Dafoe's work both accessible and relatable while providing realistic and sustainable strategies for understanding and practicing resiliency and wellness.

Hanley-Dafoe is the author of the award-winning and bestselling book, *Calm Within the Storm*, which outlines a powerful and achievable path to everyday resiliency. She joined a group of highly esteemed authors from around the globe when her book won a 2022 Silver Nautilus Award.