



# Mental Health **Change Agent**

Supporting organizations by developing **innovative curricula** to **empower resiliency**, **build stronger relationships**, and **improve well-being**.

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## Dr. Elaina Guilmette

Motivational Speaker, Curriculum Developer, Mental Health and Wellness Expert



## Hi, I'm Elaina!

I'm on a mission to unlock the potential within every learner by **revolutionizing education**. My passion lies in the art of crafting innovative curricula that hold the key to **bridging the gaps in our educational system**.

You see, education isn't just about transmitting information. It's about **transforming lives**.

Imagine a world where learners not only absorb knowledge but also develop the skills to tackle the challenges of our ever-evolving society. This is precisely the power of a well-structured curriculum.

**If you're interested in tools that open new opportunities and empower the next generation of change-makers, let's talk.**

## Benefits of working with Dr. Elaina Guilmette



**Destigmatize  
mental health**



**Empower people  
to maintain  
their wellness**



**Make  
groundbreaking  
change in learning**



**Construct healthy  
relationships**



**Bridge diverse  
perspectives  
and worldviews**

I'm on a mission to bring more **confidence** and **fulfillment** into people's lives and workplaces.



## Nurturing Resiliency

**Understand your stressors and how to move forward in a positive way**

It's a common practice for most of us to predict what may happen in the future or continue to live with what happened in the past. This can show up as anxiety, depression, or stress. Really, what we're doing is creating false assumptions about our current life. Understanding how our emotions affect our mental health and well-being provides us with the tools we need to self-regulate and handle challenging situations in the best way possible.

In this thought-provoking session, participants will learn the four pillars of resiliency to identify stressors, strengthen resilience, and decrease stress levels.



## Nurturing Resiliency in Classrooms

**Empower your students and support their growth**

Most educators may not know the best way to engage their students in mental health and well-being conversations that align with curriculum outcomes. They believe that they don't have enough time in a day to add it to their busy agenda. The reality is that without it, students become depleted, classroom management becomes disruptive, and teachers become overwhelmed with stress and frustration. It becomes a never ending loop hole!

In this engaging session, participants will work through the five pillars of resilience to gain valuable tools and evidence-based strategies that any teacher can integrate into their classroom.

"We know how passionate you are about youth mental well-being, so we know you will do amazing things!"

– Carey Moss, Regional Manager, Citizenship and Social Impact, Manitoba, Saskatchewan, Nunavut, and Western Ontario, RBC Royal Bank

"I'm blown away and speechless – so powerful, moving and a lot of bravery from the personal stories that were shared. You are very talented!!"

– Bay Stenz, Chief Operating Officer, Service Hospitality

"Your passion and depth of knowledge on the subject shone through!"

– Alison Wall, B.Comm., Director, Strategic Partners & Planning, Service Hospitality



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