

# PROFESSIONAL RESILIENCE SEMINAR

We at the Association of Administrative Professionals, Barrie/Simcoe Country Branch were very excited to offer this wonderful event to kick off the year! This past month we had the privilege of hosting an awesome seminar at Georgian College! We had snacks, networking and an amazing presentation by Ruthanne Krant on what it means to be professionally and personally resilient.



We were joined by students from the Business Entrepreneurship program at Georgian College and this interactive session provided everyone an enjoyable opportunity to discuss and share our different experiences and understanding of professional resilience. It allowed the students to ask questions from



those who already have their foot in the door, and gain knowledge on what it will be like once they are out of school and facing obstacles that require resilience every day. The presentation allowed us to share our thoughts, frustrations and personal growth stories in a comfortable environment... we even had a mini photo booth! All of these moments were captured beautifully on camera by our volunteer photographer, Anneli Tapinala, who's currently attending the Georgian Photography program and recently started her own photography business.



The event was very motivating and engaging and really gets you excited for the next one! Thank you so much to Ruthanne Krant, Georgian College, Anneli Tapinala and the Executive for putting together this collaborative and informative night! Can't wait to see everyone in December at our Spa Night! Stay tuned...

