

Webinar Series

Resilience Scale Masterclass

Join Us!

October 14
11:00AM-1:30 PM MST

Claire Niehaus

About the Webinar

The Resilience Scale Masterclass explores how adversities, positive supports, and acquired skills and abilities interact to influence resilience and impact lifelong health and mental health outcomes. It provides foundational knowledge and a common language that are accessible across populations and disciplines, including policy makers, educators, practitioners, and the public. The Resilience Scale itself acts as a metaphor to communicate key concepts around resilience, and an effective visual tool to facilitate communication about life experiences, identify areas of support for children and families, and build connections to promote capacity for resilience.

Featuring

Claire Niehaus is a Scientific Associate with the Palix Foundation. She is a graduate from the University of Lethbridge having received her MSc in Behavioral Neuroscience under the supervision of Dr. Robbin Gibb. An active member of her community, she volunteers with Let's Talk Science and Building Brains Together, and serves as a Director on the board of Big Brothers Big Sisters of Lethbridge and District. Claire joined the Palix Foundation in the summer of 2022 and is passionate about applying her skills and knowledge to build resilience within her community.