

# Every Day Strengths

How to leverage your natural tendencies to reduce personal and professional stress

Discover how developing social-emotional learning (SEL) skills can improve stress management and well-being. Gain valuable insights, tools, and practical tips to enhance SEL for both adults and children!

**REGISTER TODAY!**



12:00 PM ET  
September 25, 2024



Virtually  
Via Zoom



**Tre' Gammage**

*International Speaking Champion  
and Strengths Based Consultant*



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