

Confident Me

**PRESENTED BY****Kim Tackaberry & Lucy Perkins****SERIES SESSIONS**

Date	Time
October 13, 2022	5:00 PM - 6:00 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:****crc-register@arpc.ab.ca
403-291-0967****REGISTER ONLINE****Visit our website to register:
crpcd.ab.ca**

Program

Target Audience: Grade 4-8 Teachers, educational assistants, parents, and administrators are encouraged to attend.

Join Kim Tackaberry and Grade 12 student, Lucy Perkins, for a tour of a one-hour 'ready-to-implement' self-esteem building and body image awareness workshop that addresses several of Alberta Education Physical Education and Wellness learning outcomes (applicable and aligned to the grade 7 & 8 curriculum as well). This 'Confident Me' workshop is designed for young people of all gender identities residing in Canada, especially between the ages of 10-14 years old. This 'Confident Me' interactive experience invites youth to discuss topics such as self-esteem, body confidence, appearance pressures and ideals and learn how to use social media in a positive way.

Presenters

Kim Tackaberry

is a Designer of Professional Learning with the Calgary Regional Consortium. Her areas of focus include literacy and inclusive education. She is presently continuing her Master of Education Studies at Queen's University, specializing in literacy. Kim's teaching career spans over 30 years, ten as a classroom teacher at Foothills Academy Society, a school specializing in children with Learning Disabilities and ADHD. Kim has designed several e-courses for teachers, titles include *Learning Disabilities* and *Introduction to Literacy and Numeracy Progressions*.

Lucy Perkins

is a Grade 12 student in Squamish, British Colombia. She is going into pre-med, and takes a strong interest in all aspects of health, including mental health, self-esteem, social equality, and general wellbeing. In her free time, Lucy loves to spend time outdoors hiking and canoeing, or volunteering with local organizations throughout her community.

Registration Notes

Session times are Mountain Time.

This session will be recorded and available to all registrants for 30 days after the session occurs.



**Providing Quality Professional Learning
Opportunities to K-12 Education Staff**