

Community Education Service



Improving emotional health and wellbeing

Navigating the Pressure to Perform Exploring the Benefits of Well-being Centered Identity Development for Children and Teens

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The pressure to perform is increasingly impacting children and teen's ability to cope and negatively impacts their confidence and sense of self. From navigating school pressures, after school curricular activities, and an ever-evolving political climate, the need for well-being focused values is more critical than ever.

Learning Objectives

- Understanding the pressure to perform influencing children and teens
- Identify vulnerabilities to and indicators of low confidence and self-esteem
- Reflect on the language, behaviours, and environments that help or hinder healthy identify development
- Explore and Identify dimensions of well-being and their benefits to identify development and confidence across different environments and contexts

**April 2, 2025
10:00 AM – 11:30 AM**

[Click here to register](#)

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and in partnership with **Snodgrass & Duff Performance Consulting and Counselling Inc.**