

Community Education Service



Improving emotional health and wellbeing

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

Shelbi Snodgrass, MC, RCC, CCC, CMPC, Registered Clinical Counsellor,
Snodgrass & Duff Performance Consulting and Counselling Inc.

The pressure to perform is increasingly impacting children and teen's ability to cope, negatively impacting their confidence and sense of self. From navigating school pressures, friendships, after school curricular activities, and an ever-evolving political climate, the need for well-being focused values are 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 identity development
- Explore dimensions of well-being and their benefits to identify development and confidence
- Review contributing factors to safe and accountable performance environments

**October 30, 2025
6:30 PM – 8:00 PM**

[Click here to register](#)

FREE

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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** in partnership with the **Calgary Board of Education** and **Snodgrass & Duff Performance Consulting and Counselling Inc.**