

## NR.NRP20.028IF-IE Kids These Days - with Dr. Jody Carrington



PRESENTED BY

**Dr. Jody Carrington**



SERIES SESSIONS

Date	Time
November 21, 2019	7:00 PM - 8:30 PM



LOCATION

**Peace Wapiti Academy - 11410 - 104 Street**

FEE

**\$0.00**

QUESTIONS?

Contact Us:

[nrlc@arpdc.ab.ca](mailto:nrlc@arpdc.ab.ca)

[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:

[nrlc.net](http://nrlc.net)

### Program

The kids are the least of our worries. Seriously. If that sounds blasphemous in a book for concerned parents and educators (and anyone, really, who worries about "kids these days"), then I am so glad you are interested in joining us for this talk. If you own a kid, work with a kid, or love a kid, you will find something inspiring in this session.

Jody passionately believes in the power of the relationship with the people we love, lead, and teach. Her favourite thing on the planet to do is to speak with educators – they have the power to change the trajectory of a life every single day. It's time, she believes, that we need to start focusing less on kids these days, and more on those of you who hold them every day.

The core of everything she speaks and writes about comes down to this: we are wired to do hard things. We can do those hard things so much easier when we remember this: we are wired for connection.

---

### Presenters

## Dr. Jody Carrington



Dr. Jody Carrington is a renowned psychologist sought after for her expertise, energy and approach to helping people solve their most complex human-centred challenges. Jody focuses much of her work around reconnection – the key to healthy relationships and productive teams.

A speaker, author, and leader of Carrington & Company, she uses all she has been taught in her twenty-year career as a psychologist to empower everyone she connects with. Jody has worked with kids, families, business leaders, first responders, teachers, farmers and has spoken in church basements and world-class stages; the message remains the same – our power lies in our ability to acknowledge each other first. Her approach is authentic, honest and often hilarious. She speaks passionately about resilience, mental health, leadership, burnout, grief and trauma – and how reconnection is the answer to so many of the root problems we face. Her wildly popular book, *Kids These Days*, was published in 2019 and has sold 150,000 copies worldwide. Jody's message is as simple as it is complex: we are wired to do the hard things, but we were never meant to do any of this alone.

With a Ph.D. in clinical psychology, work with major institutions and thriving clinical practice, she brings a depth of experience and insight that is unmatched in the industry.

Jody lives in small-town Olds, Alberta, with her husband and three children (she had three kids in 2 years to test her *own* resilience) and leads the amazing team at Carrington & Company.

---

## Registration Notes

Doors Open 6:30, Session 7:00pm