

## Office Support Staff Session Description

11:15 am Office Support Staff

### Session: Living in Wellness

The human experience is full of ups and downs, and even more so when you have a mental illness. Lisa shares her experience of languishing and flourishing with mental health. With practical tips on how to find wellness, including nurturing your spiritual life, and having an attitude of gratitude, there will be something for you to add to your day.



Lisa Rumpel – a.k.a “The Resilient Catholic” is a writer and a monthly columnist in the BC Catholic. Lisa works as an Administrative Assistant for the CISVA at the Archdiocese of Vancouver. As a Mental Health Advocate, Lisa is passionate about spreading hope and ending stigma. Lisa has recently shared her story of finding hope and healing with a mental illness in a short film for the Sanctuary Course available at: <https://www.sanctuarymentalhealth.org/>. Lisa enjoys running, dancing and playing ukulele. Whether she’s in a coffee shop writing, rocking out on the ukulele or running along the seawall, you can find her on [Instagram](#).

11:30 am Office Support Staff

### Session: Dare to discover the real YOU

Who am I? Why am I here? How can I find more happiness and peace in my life, my job, and relationships? Can I just be me and live with assurance before others - not always having to please, measure up, defend, or doubt myself?

If you find yourself asking these questions, ones which **dare to be asked and deserve to be answered**, come to this session to explore the possibilities that await you in the 4-day PRH Who Am I? workshop. This session will provide opportunities for reflection and engaging activities, giving a brief taste of the PRH method and vision of the human person. Leah will also share some of her own journey of self-discovery and personal growth as she learned to embrace what PRH offers to all: tools to find deep happiness, peace and fulfillment.

You can find out more at: <http://prh-international.org>



Leah Bittante, BA, BEd, is a Licensed PRH Educator who lives in Langley, BC, with her husband and four daughters. She worked as a teacher in the Catholic Independent Schools of the Vancouver Archdiocese between 1991 and 2012. In 2001, she began her own personal growth journey in PRH (Personality and Human Relations). She attained her license as PRH Educator in 2017 and currently receives persons for one-on-one accompaniment (counselling) and facilitates PRH groups and workshops in the Lower Mainland. She also works part-time as a personal counsellor at Holy Cross Regional High School.

2:00 pm Office Support Staff

**Session Title: The Go-Getter's Guide to All Things CISVA!**

This dynamic presentation will address hot topics such as digital communications and workflow processes. Be inspired by how we can navigate as a collaborative office support team and learn about the resources available to you at the Superintendent's Office. Don't miss out on this opportunity to network with other schools and to share questions and insights in our interactive Q&A.

The Administrative Support Team looks forward to spending a great afternoon of learning with you!