

Federation Day 2023

**We Make The Future:
Fighting for the Schools Our Students Deserve**

ROILUI SIN

WORKSHOP FACILITATOR

Imposter Syndrome and Applying Mindfulness



Many of us struggle with imposter syndrome and a message that we will never be good enough. By sharing my story, I hope to discuss how we can overcome our inner critics by slowing down, being mindful, and pursuing joy with intentionality.

ABOUT ROILUI

I have been a TDSB teacher for 17 years and a student for life! I am passionate about equity, kids, teaching and learning. I'm currently completing my doctorate at OISE researching adverse child experiences and student help-seeking.

Virtual Session at Federation Day 2023
Afternoon Program, Online
Friday, December 8, 2023

**REGISTER NOW
VIA WHOVA**

