



People Working Well

WEBINAR | MAR 26

The Power of Stress:

Building Resilience and Peak Performance

With Hayley Schmalz



This webinar offers arts and entertainment professionals a practical guide to understanding and working with stress in the creative world. Participants will explore how stress affects the nervous system, learn to recognize the signs, and gain clarity on the different types of stress. The session also delves into the stages of stress and the impact on performance, while equipping attendees with tools to build resilience.

By the end of the webinar, participants will have actionable strategies to maintain well-being, stay grounded under pressure, and thrive in high-stakes creative environments.

Objectives/Outcomes:

To provide arts and entertainment professionals with knowledge, tools, and strategies to understand stress, build resilience, and implement practical recovery practices that support sustained well-being and optimal performance in their creative work.

About Our Presenter:

Hayley Schmalz is a registered social worker and works as a Case Manager with The AFC. Hayley holds a Diploma, Undergraduate Degree, and Master's Degree, all in social work. In her role with The AFC, Hayley provides client advocacy, counselling support, and tailored referrals to additional services. She also engages in collaborative planning to help maintain life stabilization. More recently, Hayley has developed a Counselling Pilot Program with The AFC to support those who face barriers in accessing affordable mental health services.

REGISTER NOW at PeopleWorkingWellBC.ca/events



Canadian Mental
Health Association
British Columbia
Mental health for all



BRITISH
COLUMBIA
Supported by the Province of British Columbia

In partnership with

actsafe[★]
Safety Association

