

Panelists: Our Children's Journey to Wellness

Dr. David Kreindler B.Sc., MD, FRCPC is a UTS alumni '84 and Associate Scientist, Evaluative Clinical Sciences, at Hurvitz Brain Sciences Research Program, Sunnybrook Research Institute as well as head of youth psychiatry at Sunnybrook Health Sciences Centre. Dr. Kreindler's primary research interest is the application of physics and cognitive science to psychiatry to understand better the origin of psychiatric illness. He has been working on mathematically modeling mood, drawing on recent developments in nonlinear dynamics, fractal geometry, and self-organized criticality to illuminate the mechanisms that underpin mood. His email is david.kreindler@sunnybrook.ca.

Dr. Sanjeev Luthra BASC, MD, FRCPC, FAAP is a UTS alumni '95 and is a pediatrician at Osler Health System in Brampton, Mississauga and Etobicoke. He is the Medical Director of the Sickle Cell Clinic at William Osler, General Secretary of NIMDAC (the Northern India Medical and Dental Association of Canada) and has served as the Co-Chair of the second annual Osler's Walk 'n Roll for Healthy Kids. He is also Lecturer in the Department of Pediatrics, at University of Toronto. His professional interests are in sickle cell quality of care, child development and behavior (attention deficit disorder and autism) and continuing medical education. His email is sanjeev.luthra@utoronto.ca.

Elli Weisbaum BFA, MES is a Toronto based mindfulness practitioner and teacher. She holds a Master's degree in Environmental Studies, focused on bringing mindfulness into education. In 2016, she began pursuing a PhD at the Institute of Medical Science in the Faculty of Medicine at the University of Toronto, focused on integrating mindfulness into healthcare. She is also on faculty at the University of Toronto's Applied Mindfulness Meditation certificate program. Elli has worked internationally to integrate mindfulness into key sectors, including education, healthcare and business, organizing retreats and workshops in Bhutan, India, Germany, Canada, the UK and the USA. Her email is elliweisbaum@gmail.com and her corporate website URL is <http://www.elliweisbaum.com>.

Daphne Woolf, UTS alumna '79: 25+ years of experience in working in corporate environments on the hiring and development of employees. Worked at all levels of employee, management and executive leadership including: Managing Director at SPB Organizational Psychology; Senior Consultant, Talent Management at Right Management; National Practice Lead, Talent Management & Engagement at Aon Hewitt; Managing Partner of The Collin Baer Group; National Partner at Mercer Canada; helps youth in identifying career options enabling them to look beyond the obvious and map out a variety of alternative career paths that will motivate and inspire them; enables goal setting and a focused, tactical plan of action, plus a creative networking plan. Her email is daphne@daphnewoolf.com and her corporate website URL is <http://www.daphnewoolf.com>.