CanyonRanch

RAISING RESILIENT KIDS IN STRESSFUL TIMES

Event Overview

THURSDAY, DEC 04

Meet the Experts Welcome Reception

05:00 P.M. - 06:30 P.M. • Mansion Library

Kick off the series with a mocktail and light bites as you meet our four guest experts. Enjoy engaging previews of each topic and gain a roadmap to understanding your child's toughest moments.

All Speakers

Why Even Smart Kids Can Struggle in School

08:00 P.M. - 09:00 P.M. • Rockwell Room

A powerful kickoff on executive function and academic challenges. Learn why bright kids procrastinate or shut down, not from lack of ability, but underdeveloped skills like planning, initiation, and emotional regulation.

The StudyPro

FRIDAY, DEC 05

Why Kids Don't Listen—and What to Do

09:00 A.M. - 10:00 A.M. • Rockwell Room

When kids act defiant or out of control, there's usually something deeper at play. Rachel Bailey, M.A. explains the science of Yuck and shares practical strategies and scripts to turn power struggles into connection.

Rachel Bailey, M.A.

Practical Strategies to Help Kids with Anxiety

08:00 P.M. - 09:00 P.M. • Rockwell Room

What seems like resistance, perfectionism, or shutdown is often anxiety in disguise. Dr. Jonathan Dalton explains little-a vs. big-A anxiety and why reassurance can backfire, sharing practical, counterintuitive strategies to help kids thrive.

Dr. Jonathan Dalton

SATURDAY, DEC 06

Parenting High-Emotion Kids: Scripts & Tips

10:00 A.M. - 11:00 A.M. • Rockwell Room

Rachel guides parents through real-life scenarios, showing what to say and how to stay calm in triggering moments. Learn strategies that build resilience, connection, and confidence in your child.

Rachel Bailey, M.A.

Lunch & Learn: What Well-Meaning Parents Get Wrong

Noon - 01:00 P.M. • Demo Kitchen

Wondering if you're doing it right? Experts reveal common parenting misconceptions and one powerful mindset shift to make the biggest difference. Includes live Q&A and insights to carry beyond the session.

All Speakers

Parenting an Anxious Child: Scripts & Tips

03:00 P.M. - 04:00 P.M. • Rockwell Room

Learn what to say when your child panics or freezes. Dr. Dalton shows parents how to respond, not rescue, using calm, confident language, building distress tolerance, reducing anxiety, and helping kids face fear instead of avoid it.

Dr. Jonathan Dalton

Fireside Chat: When You Have Tried Everything and It's Still Hard

05:00 P.M. - 06:30 P.M. • Mansion Library

Parenting can feel overwhelming when nothing seems to work. Join our experts for a candid fireside chat on common challenges, practical guidance, and human insights. Leave feeling seen, supported, and ready with strategies to move forward.

All Speakers

SUNDAY, DEC 07

Parenting the Challenging Student: Scripts & Tips

10:00 A.M. - 11:00 A.M. • Rockwell Room

This session covers executive function strategies students can use and how parents can support them. From task initiation to focus, time, and emotion management, learn practical tools and coaching techniques to help your child build lasting skills.

The StudyPro

Ask the Experts: Closing Circle

11:00 A.M. - 12:00 P.M. • Rockwell Room

Wrap up the event with a live Q&A. Ask our experts your pressing questions, gain practical strategies, and leave with clarity, insight, and confidence to support your child moving forward.

All Speakers

CanyonRanch

Debbie Rosen

Founder and Co-Owner, The StudyPro

Lindsey Thoms, M.Ed.

Co-Owner and Center Director, The StudyPro

Debbie Rosen and Lindsey Thoms, M.Ed. are the co-owners of The StudyPro, an executive function and study skills center dedicated to turning school stress into lifelong skills. The StudyPro helps students develop the critical abilities needed to manage the process of school—skills like planning, focus, organization, and follow-through.

Through coach-guided reflection, students learn to notice barriers and apply strategies—so they not only complete their work more effectively, but also build independence, resilience, and the belief that they can succeed. The goal isn't just better grades; it's learners who know how to move forward, in school and in life.

Rachel Bailey, M.A.

Parenting Coach

Rachel Bailey, M.A., is a parenting coach and emotional regulation expert who has spent more than a decade helping families reduce stress and bring out the best in their kids. With a Master's in Clinical Psychology and a background in ADHD coaching and psychotherapy, Rachel equips parents with practical tools to improve behavior, resilience, and motivation—without relying on guilt, punishment, or power struggles.

Her signature focus is on the root cause of big behavior—what she calls "Yuck," the internal discomfort that drives kids (and parents) to act out. By teaching parents how to respond with connection instead of control, she helps families replace daily conflict with cooperation and confidence.

Dr. Jonathan Dalton

Founder, Center for Anxiety and Behavioral Change

Jonathan Dalton, Ph.D. is a licensed clinical psychologist and founder of the Center for Anxiety and Behavioral Change (CABC). For more than 20 years, he has specialized in evidence-based treatment of anxiety and related disorders, with a particular focus on school avoidance, social anxiety, and cases where previous interventions have not worked.

In addition to his clinical work, Dr. Dalton provides extensive training and consultation to schools and speaks frequently at national and community organizations, offering more than 50 talks each year. His approach combines deep clinical expertise with a commitment to empowering families, educators, and professionals to recognize and respond to anxiety in ways that foster resilience and recovery.