

Jill Stewart
BSW, MSW, RSW, CAE
Registered Social Worker (RSW Registration #187)
(Pronouns she/her)
Therapist/Trainer/Managing Director, Your Life Design Inc.

Jill is a Registered Social Worker in Prince Edward Island (PEI), Canada. She holds Bachelor of Social Work (BSW University of Manitoba) and Master of Social Work (MSW Dalhousie University) degrees, in addition to certificates in Management and Adult Education. She has been a Registered Social Worker for more than 25 years. She has held a faculty position at Holland College in Prince Edward Island since 2007.

Throughout the years, Jill has taught courses on counselling skills, business communications, ethics and professionalism, mental illness and neurological disorders, case-management, interpersonal communications, workplace communications, personal wellness, social issues, disability rights, methods and strategies for teaching groups, inclusion practices, inclusive education and working with families. She is enthusiastic, and loves to help others gain self-awareness, and reach their optimal level of personal well-being. While Jill can work with people of all ages, in her private practice, she specializes in providing therapy to solely helpers, leaders and busy professionals. She can help you care about your personal wellbeing so you can give more to your passions.

Jill is an engaging speaker, with positive energy. Throughout her career, she has given workshops across Canada, and has taught a course on inclusive education internationally in China at Anyang Normal University. As a life-long learner herself, she believes in providing the best clinical services possible, and receives clinical supervision from a Toronto-based supervisory therapist in her private practice.

Jill is the creator of Your Life Design's Help4Helpers Program. She was inspired by her own work as a helper, as well as observing colleagues and former students working tirelessly to help others yet struggling to take care of themselves. She created this program to address burnout and compassion fatigue so prevalent with helping professionals. Jill has helped hundreds of students become professional helpers during her work in post-secondary education for higher learning and provides ongoing workshops and training. During the pandemic she has spoken to over a two thousand helpers, leaders and educators providing assistance while they navigate during these difficult times.

Jill lives with her husband, who is the parent of three adult children. They live in beautiful Prince Edward Island with their dog, Maggie and cat, Sylvie. Jill grew up on a potato farm in West Prince, Prince Edward Island.