

# Dr. Jenny Liu

*Scientist, Educator, and Author of the  
Multi-System Model of Resilience*



## ABOUT DR. LIU

Dr. Jenny Liu received her PhD in Psychology from Ryerson University. She is an Adjunct Research Professor in the Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University. She also holds appointments with the Toronto Western Hospital-Krembil Research Institute and Ryerson University.

Dr. Liu's background is in the science of stress and resilience. She works with stakeholders to identify the determinants of resilience in different communities, and support efforts to promote or build resilience using a number of evidence-informed strategies and approaches.

**20k+**

### APP IMPRESSIONS

Data recorded since the launch of MSMR app in 2019

**92**

### KNOWLEDGE

TRANSFER PRODUCTS  
Including invited talks, workshops, presentations, and 29 journal publications

**22**

### AWARDS AND

HONOURS  
Including Gold Medal and Board of Governor's Leadership Medal

## ABOUT



**MSMR**

MULTI-SYSTEM RESILIENCE

The MSMR is a first-of-its-kind, multi-dimensional model of resilience that can measure one's sources of resilience, and how well they meet individuals' needs across nine domains.

The digital application is a quick and effective tool to measure and track our ability to cope with everyday challenges.

The copyrighted model and tool are used nationally and internationally, and has been translated to Chinese and Portuguese.

# USE OF TOOL

The MSMR tool has been effective in:

- Identifying priorities for program development
- Tracking and detecting changes in resilience in program participants
- Understanding the overall state of resilience individually and collectively



# EVIDENCE OF EFFECTIVENESS

Engaged audiences from diverse backgrounds, catering to a wide range of interests and needs, including:

- Business Professionals (C-Suites, Executives, Leaders)
- Educational (Scholars, Trainees, Peers)
- Scientific (Researchers, Students)
- General Users (Members of Various Communities)

Testimonials:

*"Jenny, you were so interesting, organized and succinct tonight. Thank you. It was really one of our best webinars because of your work and presentation skills, so thank you from all of us."*

*"We have been hearing a lot of good feedback from our team and participants. They loved your chemistry together and all the helpful wisdom words you gave us."*

# PARTNERSHIPS & OPPORTUNITIES



[@resilient\\_u](#)



<https://msmrtool.com>



[@resilient.u](#)



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- Speaking engagement
  - Keynotes, podcast, webinar, workshops, panel discussions
- Consultations
- Research collaborations
- Course / program development and delivery
- MSMR model / tool use
  - License and customizations