

NEWFOUNDLAND AND LABRADOR CONTINUING LEGAL EDUCATION

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PLEASE NOTE:

Professor Telfer has indicated that a portion of the “Mindfulness at Work: A Workshop for Legal Professionals” seminar will be interactive in nature. In-person participants will be organized into groups and called upon to answer certain questions posed by the presenter, which may be subject to further discussion. Microphones will be placed on tables throughout the room to ensure that webinar participants are able to hear the entire exchange. Webinar participants will also be encouraged to respond to these questions using the Q&A function in Zoom, our webinar platform. If, in light of this information, you would prefer to attend the seminar in person, please advise by email: clepresenter@lawsociety.nf.ca.

Mindfulness at Work: A Workshop for Legal Professionals

Wednesday, June 5, 2019

9:30 am – 2:15 pm (Registration begins at 9:00 am)

3rd Floor, Law Society Building, 196-198 Water Street, St. John's, NL

Seminar Overview:

Professionals often overlook the impact of mounting workloads, multiple demands and highly stressful environments on their ability to perform. Mindfulness can turn these workplace challenges into opportunities by helping us to work with our innate qualities, be less reactive and appreciate different perspectives for healthier workplace interactions. Emotional Intelligence helps us to listen, communicate and resolve conflict so when paired with Mindfulness, makes a powerful combination.

This workshop will use the Mindful@Work program developed by leading mindful educator *Mindfulness Without Borders*. The program was developed to mitigate the challenges and stresses of the modern workplace. The curriculum draws from the scientific expertise and collaborated works of a variety of internationally-respected leaders. The workshop will be facilitated by Professor Thomas Telfer, who has experience with bringing mindfulness into the classroom and the workplace.

Professor Telfer will introduce you to mindfulness and the positive benefits of being mindful. The session will focus on mindfulness practices and strategies and how these practices can work with emotional intelligence topics such as Noticing Emotional Triggers and Handling Conflict Skillfully.

Seminar Presenter:

Dr. Thomas Telfer
Professor, Western University Faculty of Law

Dr. Telfer is a Professor at Western University Faculty of Law. He has been a Visiting Professor at several universities including the University of Toronto, Osgoode Hall Law School and Melbourne University.

He has published widely in the fields of bankruptcy and legal history. However, he has a significant interest in mindfulness and mental health.

In 2017, he introduced a highly successful mindfulness course to Western Law students. Last year he received the *Leadership in Wellness Award of Recognition* which recognizes Western faculty members who promote the mental health of their students.

He has recently been awarded a three-year Teaching Fellowship at Western to develop mindfulness and mental health education initiatives.

Last November, he gave a workshop on mindfulness to the judges of the Supreme Court of Victoria in Melbourne Australia.

REGISTER ONLINE BY CLICKING THE FOLLOWING LINK:

https://zoom.us/webinar/register/WN_7RIEUgLRRSSlvVslPljexw

Registration Fee: \$255.00 (\$221.74 + 15% HST) *HST # R108086463*

Registration Includes:

1. Seminar attendance
2. Lunch (*for in-person attendees*)
3. Mindful@Work Workbook

PLEASE NOTE: YOUR SPACE WILL NOT BE CONFIRMED UNTIL PAYMENT IS RECEIVED AND REFUNDS WILL NOT BE ISSUED FOR CANCELLATION AFTER JUNE 4, 2019.

CLE Credit: 4 hours