



P.O. Box 1028, St. John's, Newfoundland and Labrador, A1C 5M3
Tel: 722-4740, Fax: 722-8902, e-mail: cle@lsnl.ca

Mindfulness and Lawyer Well-Being

Date: April 19, 2021

Time: 12:30 – 1:30

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. The benefits of mindfulness are even more important in this age of COVID-19.

This workshop will feature some Mindful@Work materials developed by *Mindfulness Without Borders*. The program was developed to mitigate the challenges and stresses of the modern workplace. The *Mindfulness Without Borders* curriculum draws from the scientific expertise and collaborated works of a variety of internationally-respected leaders.

Professor Telfer will introduce participants to mindfulness, the positive benefits of being mindful and why mindfulness is relevant for the legal profession and how it can help improve lawyer well-being. The session will focus on mindfulness practices and strategies and how these practices can work with emotional intelligence topics.

Seminar Presenter: Dr. Thomas Telfer

Dr. Thomas Telfer is a Professor at Western University, Faculty of Law in London, Ontario. He has published widely in the fields of bankruptcy and legal history and also has an interest in mindfulness education. In 2017, he introduced a highly successful non-credit mindfulness course to first year Western Law students and the following 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. In the fall of 2019, Professor Telfer offered *Mindfulness and the Legal Profession* as a new upper year academic credit course at Western Law.

He is a frequent speaker on mindfulness and mental health. He has delivered a presentation at the Law Society of Newfoundland and Labrador in 2019 and his work on mindfulness has been featured in *Canadian Lawyer* and on CBC media.

Registration Fee: \$57.50 (\$50 + HST) HST # R108086463

PLEASE NOTE: THE REGISTRATION PROCESS IS ONLINE ONLY. TO REGISTER FOR THIS SEMINAR, PLEASE CLICK THE FOLLOWING LINK:

https://zoom.us/webinar/register/WN_ZYoe4UrOTI6-Y84UiS5DTw

PLEASE NOTE: YOUR SPACE WILL NOT BE CONFIRMED UNTIL PAYMENT IS RECEIVED AND REFUNDS WILL NOT BE ISSUED FOR CANCELLATION AFTER APRIL 18, 2021.

CLE Credit: 1 hour