



Well-Being in Practice

Agenda

October 4 & 5, 2022

Via Zoom Events

Tuesday, October 4

Noon

**Welcome, Land Acknowledgement
and Opening Blessing by
Traditional Knowledge Keeper**

12:10 p.m.



**Setting the Stage: Spotighting
Well-Being in Alberta's Legal
Profession**

In 2021, the Federation of Law Societies of Canada undertook a comprehensive survey of the legal profession in Canada, called the National Well-Being Study, led by Dr. Nathalie Cadieux's research team at the Université de Sherbrooke in Quebec. The goal of the study is to better understand the mental health challenges facing legal professionals in Canada by taking into consideration factors linked to the workplace, society, the family and the individual. Dr. Cadieux will provide an overview of the results of the study, including those specific to Alberta's legal profession, and talk about how the host organizations can work together to address areas of concern highlighted by the study.

1:15 p.m.



**Breaking Down the Barriers: Risks
and Rewards of Talking about
Well-Being in the Workplace**

Many of us experience mental health or well-being challenges that impact our professional lives. Whether to share those experiences with employers is a deeply personal, and at times difficult, decision. Our speakers will discuss their own journeys navigating the risks and rewards associated with sharing.

2:15 p.m.



**Power in the Profession:
Understanding the Dynamics and
Bringing About Positive Change**

This panel will examine how power in the workplace interacts with and impacts individuals and groups based on their identities, while exploring intersections with mental health and concepts of belonging. Our panelists will discuss how power and self-awareness can be used to positively shape the dynamics of an organization.

3:15 p.m.



**Becoming a Healthier Profession
Part 1: What Workplaces Can Do**

This conversation will address the practices and supports workplaces of any size can put in place to support the well-being of their employees.

4:10 p.m.

Wrap-Up

Day 2 →



Well-Being in Practice

A summit on taking care of yourself, your workplace and our profession.

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October 4 & 5, 2022
Via Zoom Events

Wednesday, October 5

9 a.m.

**Welcome, Land Acknowledgement,
Opening Blessing by Traditional
Knowledge Keeper and Day 1 Recap**

9:10 a.m.



**Sick to Death of the Silence: A Story
to Break Down the Stigma of
Mental Illness**

Despite the hallmarks of a “successful” legal career, John Gulak still felt empty. He turned to substances to try to fill the void and developed a serious addiction. With help, he has been in recovery since late 2004. He shares his story to encourage others to seek help.

10 a.m.



**Psychological First Aid in Action:
Understanding and Responding to
Distress**

Dr. Brian Forbes, head of Assist’s professional counselling program, will lead us through Psychological First Aid, a program which identifies signs of distress, signs of personal stress that cannot be ignored, key skills for providing support, assessing suicide risk and responding to distress using the eight key steps of Psychological First Aid. Learn to help others and also help yourself.

11 a.m.

Resources and Wrap-up

11:15 a.m.



**Becoming a Healthier Profession
Part 2: What Lawyers Can Do**

From stressful to mindful to joyful: 6 bold steps to success and happiness in the law. Professor Larry Krieger is an experienced litigator who will challenge us to adjust ourselves to healthy values, stop creating stress for ourselves, and to use that space to experience joy and fulfillment. He applies science and his experience in law practice to uncover paths to personal progress that do not depend on outer events or situations.

Content Warning and Disclaimer

Throughout the Summit and in review of the suggested resources, you may encounter information or material that is triggering, upsetting or challenging to engage with. If you need to talk to someone or need support, you are encouraged to reach out to Alberta Lawyers’ Assistance Society (Assist) at 1.877.498.6898.

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← Day 1