

MINDFULNESS DISCUSSION PANEL



Date : June 11, 2026



Time : 11:00 a.m. – 12:00 p.m. PST

REGISTER NOW

Admin@lawyerstrong-mb.ca

Meet Our Speakers



Denise Finlay
Registrar-General



Marc Adler
LL.B, B.Comm.



Jeff Naylor
LLB, RCC, CCC

Discussion And Insights

Three lawyers share how mindfulness has helped them in their legal careers and personal lives. They discuss their own experiences with mindfulness, how it supports wellbeing and balance, and the ways it can help lawyers manage the pressures of the legal profession. The panel will also explore how mindfulness can be incorporated into everyday legal practice and life.