Bencher Election: Getting to Know You Questionnaire

GAVIN PRICE

1. What is your favourite song, movie or book & why?

Any time anything from Dire Straits comes on over the airwaves I tend to turn up the volume, especially “Sultans of Swing”. Great lyrics, Mark Knopfler on lead guitar, and a compelling narrative is hard to beat. Plus heavy late 70s and mid 80s nostalgia.

I don’t read for pleasure as much as I’d like but when I do get a chance I tend to alternate between something along the lines of Steinbeck or Hemingway (I just re-read The Sun Also Rises) and something along the lines of a Michael Lewis topic-specific deep dive.

2. What was the most inspiring or rewarding volunteer activity you have performed?

I used to volunteer in the Emergency Room at the old Bow Valley Hospital, doing a 10 pm to 2 am shift every Wednesday for about 2 years. It was very eye opening. It was also really inspiring to see health care providers at the top of their game working as a team to care for people in need.

3. How do you deal with stress?

I tend to write down major To Do items or “thoughts” so that they are out of my head and not making unneeded “noise” inside my brain. I’m also mindful of the adage that the way to eat an elephant is one bite at a time. I find that sometimes just putting my head down and chipping away helps to offset a natural tendency to procrastinate -- I’ve learned through trial and error that procrastination can be really harmful to my job and to my mental wellbeing. I’ve also gotten better at asking for help.

4. What does lawyer well-being mean to you?

At a high level, to me it means being mindful of potentially negative trends in your own life and adjusting accordingly as best you can. I think it also means watching out for the wellness of our peers and, at a minimum, being willing to check in with them and to offer assistance or identify information or resources when and where it is reasonable and appropriate to do so.

5. Do you believe mental health should be a priority?

100%. It's one of the reasons why I joined the ASSIST Board.