Bencher Election: Getting to Know You Questionnaire

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

   My current favourite song is *Hong Kong* by The Weeknd. A ballad that weaves 1990s Cantonese nostalgia sung by an artist from Scarborough perfectly encapsulates the two parts of my childhood. It celebrates the blended culture of diaspora, of belonging, across generations.

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

I love the Articling Student Callout coordinated by ASSIST, in which senior lawyers phone articling students working outside their firms and offices to check in on how they are doing. The purpose is to let students know that members of the bar are thinking about them, and to offer support and resources if needed. Often these are short conversations and brief mentoring moments, but it can also be a lifeline to students struggling and unsure where to turn. Articling is hard, and being able to reach out to connect and listen to students' experience always remind me of where I started out, and makes me so proud of to part of this profession.

3. How do you deal with stress?

Carpool Karaoke – for an audience of one! My job takes me on road trips across southern Alberta to visit our regional offices, and I use these long hours to sing all the parts of musical show tunes. Singing puts me in a great mood, and gives my mind a well-earned break from work as I try to remember all the lyrics. I am a theatre kid at heart and in another life might have pursued a career on stage.

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

To me, lawyer well-being is about thriving in the profession, wanting to go to work, liking your colleagues, while those aren't even the best parts of your life. I love going to bar calls because they remind me of why I am a lawyer. I am proud of my work. But my practice is not all of me. I work hard to ensure I have strong relationships and interests outside of law. I know I have to be well as a human, before I can do good as a lawyer.

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

Yes. There is no health without mental health. We are a service profession, but we cannot pour out of an empty cup. With the rise of artificial intelligence, we need to retain that very human core of ourselves by protecting our mental wellbeing. Strong minds make strong advocates.