Bencher Election: Getting to Know You Questionnaire

Koren Lightning KC (she/her)

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

   I am an avid Marvel fan, the fantasy and hope it brings. I am looking forward to Doomsday but I need to rewatch some of the movies to prepare.

   I also love Hunger games genre, trying to finish the last book prior to the movie coming out. It gives a chance to escape and I love a good story line.

   Music I could go on. You will have to ask me in person about my year of concerts. Music can be therapy.

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

   Mentorship and articling 5 students (the articling part was not volunteer but I maintain friendships with them to this day and also many other students I have taught). Being able to facilitate their growth and watch them grow into amazing lawyers is a joy. I think we need to show students that lawyers can do many things and law can look like us.

   I also sit on First Nations Caring Society Board and being able to support the governance of the organization that has the best interest of Indigenous children at the forefront is amazing. We get to support the staff and organization do some amazing work with kids and Canada. We launched a new web platform to help teach students about Jordans Principle which was very cool.

   I could go on; I don't know if there is one that is like boom best ever but these are ones I thought of today.

3. How do you deal with stress?

I like to drink my coffee hot and in the quiet first thing on weekend mornings. I also joined ladies volleyball league and I love a good craft night. Having multi ways to destress is important. Small and big.

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

It means being self-aware. I am constantly trying to do self-reflection for myself, my family and my clients. To try be my best self. I can't help others if I am not well. Watching my cues of when I know I need a bit of stress relief, planning for fun, planning for work. I am one of those people that still has paper day timer.

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

I think it has to be a priority for everyone not just lawyers. I think tools like individual therapy and other forms of therapy are being the norm and encouraged. There are many avenues, I did puppy yoga and wow that 1 hour did more for me than I thought. This generation is helping us see we need to take time for us. We have to make our body and minds a priority.