Bencher Election: Getting to Know You Questionnaire

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

   Song**:** *Unstoppable* by Sia. I listen to this song whenever I need a little boost of confidence, especially before a speaking engagement or when I'm having doubts about myself. It reminds me that I can rise to any challenge.

   Book**:** *In Cold Blood* by Truman Capote. I've always enjoyed true crime and murder mysteries.

   Movie**:** *Bridesmaids*. I have watched it so many times, and it still makes me laugh. Even just thinking about certain scenes makes me laugh out loud!

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

   Serving as National President of the Canadian Bar Association has been one of the most rewarding experiences of my career. It gave me the opportunity to represent lawyers across Canada, advocate on issues that matter to our profession and meet so many incredible people along the way. What has been particularly meaningful is the impact that experience continues to have. Young lawyers now reach out to me, not only to talk about leadership and giving back to the profession, but also to share their doubts, challenges and difficult career decisions. I find it incredibly rewarding that they trust me enough to have these honest conversations. It reminds me that leadership is not just about the role you hold, but also about the difference you can make in someone's journey.

3. How do you deal with stress?

   Spending time with my boys, walking my Italian Greyhound and having a good laugh are great ways for me to unwind. I also like talking things through with people I trust. And I have to admit, I sometimes talk to myself out loud, reminding myself that I've got this and that I can handle whatever is in front of me. A little pep talk can go a long way!

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

   To me, lawyer well-being means finding what works for you. We are all different, with different ambitions, personalities and ideas of what makes a fulfilling career. I've always loved what I do, and I must admit that the word “no” isn't really in my vocabulary! I've worked some crazy hours over the years, and I'm proud of what I've accomplished. But I've also had to learn when to stop, which doesn't always come naturally to me. I think it's important to respect that we all have different paths and priorities, and that taking care of ourselves is just as important as the work we do.

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

   Absolutely! Mental health should always be a priority. As lawyers, we are used to solving problems, meeting deadlines and being there for others, but we sometimes forget to look after ourselves. I think we need to recognize that even the strongest and most successful people can struggle. There should be no shame in asking for help, taking a step back or admitting that things are difficult. We need to look out for one another!