Bencher Election: Getting to Know You Questionnaire

MICHAEL BATES, KC

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

   "Fight the Storm" is my favourite song because it is the first single released by my son, Turner Bates, and I helped him write it. The song is about working through the challenges of an epilepsy diagnosis, but really, the lyrics can apply to any tough times a person may be facing. Go give it a listen!

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

   Coaching hockey has been very rewarding as it has allowed me to play a significant role in teaching kids and young adults how to become resilient and capable members of society beyond what they learn about the sport itself.

3. How do you deal with stress?

   I try to take a break from whatever is causing me stress and go for a walk to clear my thoughts and re-group.

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

   I believe lawyers should not lose sight of the people that are affected by the work we do - including ourselves and our own families. To do our best for our clients in the professional world we need to take care of our personal world as well. Keeping involved in your community, including in activities unrelated to the law, can be an effective way to promote 'lawyer well-being'.

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

   I believe that maintaining positive mental health should be a priority in the daily work of lawyers.