

MINDFULNESS AT WORK: A WORKSHOP FOR LEGAL PROFESSIONALS

CHAIR: **Professor Thomas Telfer**, Faculty of Law, *Western University*

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CPD Hours = 1 h + 30 m Professionalism Hours ^P

**Law Society of Ontario
Toronto, ON**

Pre-recorded Webcast

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Agenda

An Introduction to Mindfulness

Emotional Intelligence and the Practice of Law

Program Ends