

# Stress Management for Legal Professionals

**CHAIR:** **Dr. Mamta Gautam**, MD, MBA, FRCPC, CPDC, CCPE, CPE,  
President and CEO, *PEAK MD*

**April 10, 2024**

**10:00 a.m. to 12:00 p.m.**

**Total CPD Hours = 2 h Professionalism <sup>P</sup>**

**Law Society of Ontario  
Webcast Only**

**SKU CLE24-00403**

## **Agenda**

**10:00 a.m. – 10:05 a.m.**

**Welcome**

**Moderators:**

Jason Balgopal, Assistant Crown Attorney, Criminal Law  
Division, *Ministry of the Attorney General*

Ashleigh Frankel, *The WiseMind Co.*

**Speaker:**

Dr. Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE, CPE,  
President and CEO, *PEAK MD*

**10:05 a.m. – 10:15 a.m.**

**Brief Review of Phase I of the National Study on the  
Psychological Health Determinants of Legal Professionals  
in Canada**

Dr. Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE, CPE,  
President and CEO, *PEAK MD*

**10:15 a.m. – 11:00 a.m.      Quit Multiplying By Zero: Wellness as a Shared Responsibility**

Dr. Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE, CPE,  
President and CEO, *PEAK MD*

**11:00 a.m. – 11:30 a.m.      Fireside Chat: Stress Management in the Context of Practicing Law/Providing Legal Services**

**Moderators:** Jason Balgopal, Assistant Crown Attorney, Criminal Law Division, *Ministry of the Attorney General*

Ashleigh Frankel, *The WiseMind Co.*

**Speaker:** Dr. Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE, CPE,  
President and CEO, *PEAK MD*

**11:30 a.m. – 12:00 p.m.      Question and Answer Session**

**Moderators:** Jason Balgopal, Assistant Crown Attorney, Criminal Law Division, *Ministry of the Attorney General*

Ashleigh Frankel, *The WiseMind Co.*

**Speaker:** Dr. Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE, CPE,  
President and CEO, *PEAK MD*

**12:00 p.m.                      Program Ends**