

Bolstering Resilience (CPD 298)

Speaker Bios



AMP Club Founder, Allison Wolf

Allison Wolf, PCC

Allison is a senior coach focused exclusively on the legal profession, who has helped clients across North America develop thriving legal careers. She is a sought-after writer and presenter for law firms, legal organizations, and legal media, and is the founder of the resource website <http://lawyerwithalife.com>. Allison recently launched the Associate Mentorship Plus (AMP) program to bring together young lawyers in their initial years of practice to provide a supportive learning community with coaches and mentors to help them establish a strong professional foundation, that aligns their strengths, purpose and values to develop their legal career. You can find out more on her websites - <https://thelawyercoach.com> and the AMP Club - <https://www.ampclub.ca>



Michael Kahn

Michael is a mental health therapist, former attorney, coach, and co-founder of ReelTime Creative Learning Experiences. He is a provider of CLE/CPD and professional development programs and has presented workshops on ethics, well-being, grief, and diversity and inclusion for lawyers and mental health professionals throughout the U.S. and abroad. Michael serves part-time on the counseling staff of the Lawyers Assistance Program of BC and co-facilitates grief groups for lawyers in Oregon and Vancouver, BC. You can find out more on his website at www.reeltimecle.com



Bena Stock, MC, RCC, LLB

Bena is an authority on mental health and well-being in the legal profession. She was a former litigation lawyer for 24 years, primarily in the areas of professional negligence and insurance defence. Bena is a trusted advisor to lawyers, law firms and corporate legal departments, providing counselling, education, training and workplace wellness to navigate mental health and lawyer well-being. She has helped many clients in the areas of anxiety, depression, anger management, relationships, as well as career coaching and career transition. Bena is a sought-after speaker and has hosted many presentations and workshops for the legal community. You can find out more on her website at - <https://www.benastock.com>