

What to Do When Crisis Strikes Series

## **STUCK AT HOME: TIPS AND TRICKS FOR SURVIVING (AND THRIVING) DURING A CRISIS**



**WEDNESDAY, APRIL 8, 2020 | 1:30–2:30 PM (EASTERN TIME)**

**REGISTRATION FORM:** <https://www.imakeanonlinedonation.org/ciaj-icaj/webhealth5en/>

**PRICE:** Free, but it is mandatory to fill the registration form. The free live webcast form will be available until April 8, 2020, 10 am (Eastern Time). One day after the live webcast, the video will be available on-demand at the cost of \$35 (free for CIAJ Members).

### **SPEAKERS**

**VALERIE GOBEIL**, Lawyer, Head of Development, [GSoft](#)

**TAMARA MOSHER-KUCZER**, Lawyer, [Capelle Kane](#)

#### **Webinar Moderator**

Lynne Robichaud, Administration and Membership Manager, CIAJ

#### **Discussion Moderators**

Christine O'Doherty, Lawyer, Executive Director, CIAJ

Maria Aylward, Lawyer, Manager, Project and Business Development, CIAJ

### **OVERVIEW**

During this unprecedented "quarantine time", we must remain innovative and creative in order to stay productive at home. How important is maintaining a routine and schedule? What tools and tricks can we implement in our daily lives to decrease stress and ease the monotony of staying put? Join us to learn practical tips to help stay healthy and happy during times of crisis.

### **ABOUT**

**Valerie Gobeil** Valérie Gobeil works in organizational development and learning in a tech company. Most of her focus is on developing tools, methods and experience to help managers and team members better work together. She is a trained lawyer with varied experience in conflict resolution who now helps implement strong conflict-prevention mechanisms.

**Tamara Mosher-Kuczer** Tamara Mosher-Kuczer is an Associate at Capelle Kane Immigration Lawyers in Ottawa, Ontario, where she practices exclusively in the area of Citizenship & Immigration law. Tamara is an active member of the CBA Immigration and the OBA Immigration Sections. Tamara was on the Executive of the CBA Immigration Section from 2016-2018, where she acted as the Section's External Relations Coordinator. Tamara was also a member-at-large of the OBA Immigration Section in 2018. Tamara has spoken on panels for the CBA, OBA, and LSO CPDs.

### **NOTE**

A link to the webinar platform and a password will be sent by email 48 hours prior to the event. It is recommended to test the platform beforehand.

#### **BROADCAST TIME ACROSS CANADA:**

<b>PT</b>	10:30–11:30 am	<b>CT</b>	12:30–1:30 pm	<b>AT</b>	2:30–3:30 pm
<b>MT</b>	11:30 am–12:30 pm	<b>ET</b>	1:30–2:30 pm	<b>NT</b>	3:00–4:00 pm