



Bennett Jones

Bennett Jones Academy

Professional Development

2026 Calgary and Edmonton
Student Seminar Program

*“Learning is like rowing upstream:
not to advance is to drop back.”*

- Chinese Proverb

Bennett Jones Academy

Student Curriculum Calgary and Edmonton

Our Commitment to Continuing Legal Education – Substantive and Professionalism Courses 2026



We are delighted to welcome you to our Bennett Jones Academy (BJA) Curriculum, specifically designed for students, which has been created to highlight our upcoming courses in 2026. At Bennett Jones LLP, we are committed to helping our students and lawyers reach their highest potential as professionals, consistent with the firm's standard of excellence in client service. BJA is a comprehensive, integrated system that provides you with the tools, opportunities and support to excel in the legal profession.

Our student specific courses are delivered in the summer and early fall in order to ensure that our summer and articling students receive continuing legal education seminars that introduce you to the firm, the practice of law and some of the basic principles of law that will support you in your efforts to hit the ground running as a new legal professional.

The student curriculum is one part of our overall, firm-wide, BJA offerings. Our broader BJA offerings, delivered year round, are designed to build the best possible foundation and enhance the skills and knowledge of our lawyers at every stage of their careers. Our orientation and introductory programs provide you with the framework and tools for understanding the legal, business, ethical and practical issues you are likely to encounter in the first years of practice. Our professionalism courses support you as you grow into more senior supervisory and leadership roles and our advanced substantive programs help you keep abreast of developments in your area of practice and continue to hone your skills and expertise.

We believe in providing top-notch, value-added programming for our students and lawyers and are pleased to be offering a wide range of substantive and professionalism courses for 2026.

Our substantive courses range from understanding private equity transactions from both the legal and client perspectives, to trial preparation and mergers and acquisitions. Our professionalism courses include advanced transactional drafting, negotiation ethics and applying science to improve our health and wellness.

As you review this booklet, you will see that we have laid out the 2026 student sessions so you can know specifically what you will be learning and who will be delivering those sessions. We have also outlined a sampling of other courses that were offered previously or are planned for 2026 in order to provide you with a good sense of the overall BJA offerings that are provided to all students and lawyers.

We hope you will enjoy attending our courses, learning about the latest developments and trends in the law and gaining an insight into different areas of professionalism.

Darcy Legros
Chief Legal Talent Officer

Courses at a Glance

Student Programs

Practicing Law – What it Means to be a Corporate, Litigation and Tax Lawyer	2
Effective Legal Writing Workshop	4
Corporate Law Overview	6
Litigation Overview	8
Corporate/Commercial Energy Law – Overview	10
Motions and Appearances	12
Securities Law Overview	14
Due Diligence	16
Practice and Procedure Before Administrative Tribunals	18
Bennett Jones Academy 2026 Sessions for Students	20

Lawyer & Student Programs

The Ripple Effect: Sleep, Eat, Move and Think Better for Exponential Health and Peak Performances	22
Understanding Financial Statements Training the Street Inc.	24
How to Combat Workplace Barriers for 2LGBTQ Get REAL	26
Move the Room: Powerful Speaking as a Force Multiplier	28
Emotional Intelligence and Leadership for Law Professionals in Industry 4.0	30
Private Equity Series	32
Insolvency 101: A Primer on Insolvency and Restructuring Law	34
Energy Transactions	36
Effective Brief Writing	38
Locations & Contacts	40



Practicing Law – What it Means to be a Corporate, Litigation and Tax Lawyer

Bennett Jones Professionalism Series

Date: Summer / Fall 2026

Lunch: 11:45 a.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:15 p.m.

Course Overview

Each of our department heads will take the opportunity to introduce you to their broad areas of practice, how their practices have evolved over the course of their careers and how all of our different practice areas work together to provide excellence in all client services.

This is also an opportunity to learn, in a casual setting, how each department functions, how work-flows, how teams are formed for particular transactions or advocacy opportunities and to get a sense of the people and culture of Bennett Jones.

Faculty



Drew C. Broughton

Partner, Co-Head of Corporate Department

Drew Broughton co-leads the firm's Corporate Department and practices in the areas of mergers and acquisitions, private equity, corporate finance and securities law. He has extensive experience advising buyers and sellers with respect to merger and acquisitions transactions, both public and private, including Canadian and international takeover bids, plans of arrangement, distressed transaction, along with more straightforward asset and share purchase transactions. Acting for clients in the oil and gas, energy services, construction, agribusiness and technology industries, he is able to negotiate and complete both complex and simple merger and acquisition transactions. Drew has also acted in a number of private equity transactions, and works closely with private equity funds and companies to achieve synergies. Drew has been involved in a number of public and private offerings of equity and debt securities.



Justin R. Lambert

Partner, Co-Head of Litigation and Dispute Resolution Department

Justin Lambert co-leads the firm's Litigation and Dispute Resolution department and maintains a broad commercial litigation practice with a focus on securities disputes, fraud recovery and energy-sector matters. He regularly handles shareholder disputes, oppression claims, directors' duties, mergers, proxy issues and related regulatory matters. Justin also conducts internal investigations for corporations and special committees involving allegations such as insider trading, foreign corruption, kickbacks and financial misstatements, often coordinating with auditors and cross-border teams. He has significant experience tracing, freezing and recovering assets across provincial and international borders. His energy practice includes royalty, lease and ownership disputes. Justin has appeared before all Alberta courts and participates in both domestic and international arbitration. He also serves on the board of Brady's Foundation for Pediatric Palliative Care.



Anu Nijhawan

Partner, Co-Head of Tax Department

Anu Nijhawan is a partner in and the co-Head of the Bennett Jones National Tax Group. She provides client-centered and pro-active tax expertise to meet the needs of her clients in their most complex issues. Anu has extensive experience advising a diverse client base on the income tax aspects of corporate and partnership reorganizations, mergers and acquisitions, debt and equity financing transactions, and resource taxation issues. Her practice encompasses all aspects of income tax issues related to international structures for Canadian-based multinational corporations, on investments by non-residents in Canada, and on structuring cross-border acquisitions, divestitures, financings, and derivative transactions. Anu's practice also includes the incorporation of tax into Environmental, Social and Governance (ESG) strategies. In addition to her practice, Anu is a member of the firm's Partnership Board and is involved with a variety of charitable and community organizations.



Effective Legal Writing Workshop

Bennett Jones Professionalism Series

Date: Summer / Fall 2026

Course: 9:00 a.m. – 12:00 p.m.

Lunch: 12:00 p.m. – 1:00 p.m.

Course Overview

Learn to write, and therefore, think better (or different, following *Apple's* advice). We use a radical example (comparing a concise, precise and direct release with a standard version) to show how just two key principles and two key tools will improve your writing—forever. Let readers focus on your ideas, without getting lost in fuzzy language.

This Bennett Jones Academy professionalism series course will focus on:

- Writing more like you speak;
- Writing for your readers;
- Being concise; and
- Using active-voice verbs.

Faculty



Stephanie C. Mitchell, B.J.H, LL.B.

Speaker & Writing Coach, Telegram Writing Consulting

Stephanie Mitchell of Telegram Writing Consulting has both a law degree and a first-class honours degree in journalism. She works with lawyers, judges, and business leaders across Canada to help them learn to write and speak more clearly and persuasively.

Stephanie has years of experience choosing the best words as a news reporter and senior producer for CBC Radio in Western Canada. She has also worked in communications for the governments of British Columbia and Canada, and for the faculties of law at the Universities of Victoria, Alberta, and Saskatchewan.

Stephanie's writing and speaking workshops are interactive and never lead to the dreaded death by PowerPoint.



Joan Bilsland

Knowledge Management Research Lawyer

Joan Bilsland is a knowledge management research lawyer, supporting the firm's litigation and dispute resolution group in all offices.

Prior to her current role, Joan was a research lawyer at the firm, with a focus on commercial, environmental and health law litigation files.

Joan works extensively with our articling and summer students, instructing them in research strategies and legal writing skills. She also contributes to the firm's artificial intelligence initiatives for adoption, review and planning.

Joan is a member of the Canadian Bar Association's Legal Research & Knowledge Management Section, having previously served on the section executive. She is also an Associate American Bar Association member. She has taught research and writing courses for the Canadian Bar Association, Legal Education Society of Alberta and Toronto Association of Law Libraries.



Corporate Law Overview

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 p.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

Join us for a session with our corporate law professionals covering basic corporate law topics including an overview of the process of incorporating and organizing a CBCA corporation, maintaining corporate existence and undertaking fundamental corporate changes.

This Bennett Jones Academy substantive series course will focus on:

- Factors in determining a Canadian jurisdiction for incorporation;
- Attributes of classes and series of shares;
- Meetings and resolutions of Directors and Shareholders; and
- Duties of Directors and Officers.

Faculty



John Lawless

Partner

John Lawless practices corporate and securities law, with a focus on mergers and acquisitions, private equity and corporate finance.

John has significant expertise in both public and private M&A, having acted on share and asset acquisitions, plans of arrangement, take-over bids and complex corporate reorganizations. John also acts for issuers and underwriters on equity and debt financings, including shelf and short form prospectus offerings and private placements.

In addition to transactional work, John regularly advises clients on corporate governance matters, ESG issues and continuous disclosure obligations. John's clients include US private equity funds with investments in Canada, private Canadian companies and TSX-listed companies.

Outside of work, John teaches a course on mergers and acquisitions at the University of Calgary, Faculty of Law as a sessional instructor.



Allegra Hessels

Associate

Allegra Hessels has a general commercial transactions practice, with a focus on private and public mergers and acquisitions, commercial transactions within the energy sector, and other corporate and securities law matters.

Prior to becoming an associate at Bennett Jones, Allegra both articulated and summered with the firm.



Litigation Overview

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 p.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

The Litigation Department at Bennett Jones is vibrant and diverse. You will have the opportunity to work on a broad range of files at all levels of court in Canada as well as in both domestic and international arbitration forums. The objective of this seminar is to introduce you to the Litigation Department and provide general practice advice for students.

This Bennett Jones Academy substantive series course will focus on:

- Structure of the court system;
- Litigation practice considerations;
- Applications and Chambers practice points; and
- Litigation in practice

Faculty



David Wahl

Partner

David Wahl helps clients solve their most complex international arbitrations. He has particular expertise in construction, fabrication and manufacturing disputes, drawing on his business and executive experience in the construction industry before entering the field of law. Clients benefit from his organizational efficiency and team management experience on large-scale projects around the world.

In addition to advocating for his clients before courts and arbitral tribunals, David provides strategic advice to clients on construction, fabrication and manufacturing projects where disputes are on the horizon. He also has extensive experience with builders' lien disputes and *Public Works Act* claims.

David represents major institutional clients in complex multi-party litigation and international commercial arbitration with respect to significant commercial disputes. He has appeared as litigation counsel before all levels of courts in Alberta, and has acted as arbitration counsel under the world's leading international arbitration rule systems, including ICC, LCIA and UNCITRAL, as well as in numerous ad hoc arbitrations.



Daphne Wang

Associate

Daphne has a general commercial litigation practice with a focus on complex commercial disputes. Her experience includes advising clients and resolving contractual and other high-value disputes in the energy, intellectual property, commercial lands, tax, construction and transportation sectors.

She has represented clients before all levels of court in Alberta, the Saskatchewan Court of King's Bench, the Federal Court of Canada and the Supreme Court of Canada. She has also represented corporations in large-scale commercial arbitrations.

Prior to joining Bennett Jones, Daphne articulated at the Alberta Court of Appeal and worked at another major national law firm.



Corporate/Commercial Energy Law – Overview

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 p.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

This session will provide students with an overview of the different areas of law and industries in which lawyers in the Energy group practice, with emphasis on:

- the type of agreements, projects and clients typically involved in each area;
 - industry basics and terminology;
 - market trends; and
 - what it's like to practice law in these areas.
-

This Bennett Jones Academy substantive series course will focus on:

- | | | |
|---|---|--|
| <ul style="list-style-type: none">• Oil & Gas<ul style="list-style-type: none">• Upstream• Midstream• Downstream• M&A• Joint Venture/Co-Ownership | <ul style="list-style-type: none">• Power and Renewables<ul style="list-style-type: none">• Power/Electricity• Other Renewables• Emissions and Climate Change | <ul style="list-style-type: none">• Engineering, Procurement and Construction<ul style="list-style-type: none">• Types of Energy Related Projects• Contracting Models and Strategy• Project Execution and Operations |
|---|---|--|

Faculty



Julia Pasioka

Associate

Julia Pasioka has a general corporate commercial law practice with a focus on commercial transactions, public and private mergers and acquisitions and other corporate/commercial matters, including asset and share purchase transactions, amalgamations and corporate reorganizations. She has assisted clients on the negotiation and drafting of energy contracts related to the development of oil & gas and renewable resources and has experience in corporate and securities law matters, including take-over bids, plans of arrangement, corporate governance and continuous disclosure requirements.

Julia is an active member of the Calgary community, and sits on the board of directors for Volleyball Alberta.



Evan Hall

Associate

Evan Hall has a general corporate commercial practice with a focus on commercial transactions, including public and private mergers and acquisitions, amalgamations and corporate reorganizations, commercial aspects of insolvency and restructuring, and energy project development.

Before becoming an associate at Bennett Jones, Evan summered and articulated with the firm. Prior to law school, Evan worked in the performing arts as an actor, director and producer in theatre and film across Canada.



Motions and Appearances

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 a.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

This course provides instruction on the strategy, etiquette and procedures involved in appearing in Applications Judges Chambers and Justices' Chambers at the Courthouse.

This Bennett Jones Academy substantive series course will focus on:

- How to prepare to make an application to the Court;
- How to present an application;
- How to deal with opposing counsel and the Court in the course of the application;
- Dealing with opposed applications; and
- What happens after the application is over?

Faculty



Keely Cameron

Partner

Keely Cameron is an experienced legal counsel with a solid business background. Her practice focuses primarily on assisting clients navigate Alberta's oil and gas regulatory regime, including licensing, environmental liability and transfer issues, as well as understanding regulatory obligations during insolvency proceedings. Keely's practice also includes employment law matters including the drafting of policies and terminations.

Keely also advises clients on the incorporation of Environmental, Social and Governance (ESG) strategies and has a strong interest in environmental and employment Class Actions.

Having previously worked at Alberta's Energy Regulator (AER), Keely has extensive experience on the full lifecycle of Alberta oil and gas matters, from permitting to compliance to remediation and reclamation. She was counsel for the AER on the Supreme Court of Canada decision involving Redwater Energy; the leading case on how environmental liabilities need to be addressed in an insolvency.

Keely has appeared before the Alberta Court of King's Bench, Court of Appeal and Supreme Court of Canada.



Securities Law Overview

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 a.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

An understanding of fundamental securities law concepts is helpful in all areas of practice. Join us as professionals from the capital markets group provide an overview on concepts, terms, procedures and material documents related to the practice of securities law.

This Bennett Jones Academy substantive series course will focus on:

- A general introduction to concepts and terms, and how securities law may impact your practice;
- Procedure and key documents when conducting private placements and public offerings;
- Timelines for securities transactions; and
- Non-compliance with securities laws and enforcement by the courts and regulatory bodies.

Faculty



Steven Bodi

Partner

Steven Bodi practises corporate and securities law with a focus on public and private mergers and acquisitions (M&A), public and private equity & debt financings, and general corporate/commercial issues. His experience includes acting for:

- issuers and underwriters/agents in private and public equity and debt offerings, including cross-border financings, commercial paper and medium-term note programs;
- public and private companies in M&A transactions including share and asset purchases, amalgamations and plans of arrangement; and
- founders in various matters for startup/early-stage companies including: formation, seed financings, private equity and venture capital investments, and general commercial issues and technology matters.

Before joining Bennett Jones, Steven was an associate in the Calgary office of another national law firm and co-founded an internet company. During law school, Steven completed an internship in the Anti-Corruption division of the Organization for Economic Cooperation and Development in Paris, France.

Steven is also currently a board member of a local, non-profit performing arts organization.



Rebecca Burnand

Associate

Rebecca Burnand practices corporate and securities law with a focus on capital markets, mergers and acquisitions, corporate governance and continuous disclosure compliance.

Rebecca has represented issuers and underwriters in a broad range of matters and transactions, including public and private debt and equity securities offerings, mergers and acquisitions, continuous disclosure obligations, regulatory compliance, corporate reorganizations and general corporate and commercial matters.



Due Diligence

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 p.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

Due diligence for mergers, acquisitions, securities offerings and joint venture transactions is a critical part of these transactions and articling students and junior associates play an important role in this process. This Bennett Jones substantive session course will discuss basic corporate due diligence and will highlight what to look for and how to present your findings.

This Bennett Jones Academy substantive series course will focus on:

- What is due diligence and why does it matters to our client?;
- The different types of transactions in which due diligence is conducted;
- What to look for when conducting due diligence;
- How to conduct corporate searches and review minute books and material contracts; and
- How to present findings in a concise form.

Faculty



Rebecca M. Taylor

Associate

Rebecca Taylor maintains a general corporate commercial law practice with a focus on mergers and acquisitions, securities offerings and general corporate and commercial matters. She has experience in corporate and securities laws matters, including public and private offerings of equity and debt securities, corporate governance and continuous disclosure requirements spanning a diverse range of industries.

Before becoming an associate, Rebecca summered and articulated with the firm. During her articling year, she had the unique opportunity to be seconded to a large public company, gaining invaluable in-house experience and insight into the energy sector's legal and business operations.



Practice and Procedure Before Administrative Tribunals

Bennett Jones Substantive Series

Date: Summer / Fall 2026

Lunch: 11:45 p.m. – 12:00 p.m.

Course: 12:00 p.m. – 1:00 p.m.

Course Overview

The session provides an overview of the primary boards and tribunals that the Bennett Jones regulatory group appears before. We cover the basic jurisdiction, style (degree of formality) and practice points for each tribunal.

This Bennett Jones Academy substantive series course will focus on:

- Role/Jurisdiction of Canadian/Provincial regulators;
- Degree of formality, types of evidence and expectations of each Board/Tribunal; and
- Practice tips for, and “war stories” from, each Board/Tribunal.

Faculty



Daron K. Naffin

Partner

With a practice that is directed towards energy, environmental and regulatory law, municipal planning as well as expropriation and surface rights, Daron Naffin acts for oil and gas companies, municipalities and utilities.

Clients benefit from his experience with matters involving all aspects of energy facility applications. He is also involved in environmental matters concerned with contaminated sites and Alberta power projects.

Daron appears before the Supreme Court of Canada, all levels of the Alberta courts, the Alberta Energy Regulator (formerly, the Energy Resources Conservation Board), the Environmental Appeals Board, the Surface Rights Board, the Land Compensation Board, the Natural Resources Conservation Board, the BC Oil and Gas Commission, the BC Oil and Gas Appeals Tribunal, the BC Surface Rights Board, the National Energy Board and various municipal and expropriation tribunals.

Daron is a past president of the Alberta Expropriation Association, is a member of the International Right of Way Association (IRWA), a member of the Canadian Association of Petroleum Landmen (CAPL) and sat on the Disciplinary Hearing Panel Roster for the Real Estate Council of Alberta (RECA).



Tim Myers

Partner

Tim Myers practices in the areas of energy regulatory, utilities and rates, environmental, aboriginal and surface rights law. Tim advises clients in relation to regulatory and environmental aspects of provincially and federally regulated energy and utility businesses and developments across Canada.

Tim's experience includes providing advice and representation in connection with: facility and associated regulatory approval processes for oil and gas producers, pipeline companies, and electricity and natural gas providers; environmental enforcement and compliance matters in relation to significant environmental and operational incidents, including experience with environmental protection orders, regulatory enforcement actions, and investigations; tariff and utility rates proceedings; and negotiation of surface rights dispositions with landowners for energy developments, and surface rights and expropriation compensation proceedings.

Tim has appeared before the Canada Energy Regulator (formerly the National Energy Board); various administrative tribunals in Alberta, including the Alberta Energy Regulator, Alberta Utilities Commission, Surface Rights Board, Land Compensation Board, Metis Settlement Appeal Tribunal, Environmental Appeals Board and several municipal planning commissions and subdivision and development appeal boards; and, in British Columbia, the Oil and Gas Commission, Oil and Gas Appeal Tribunal and Surface Rights Board. Tim has also represented clients before the Alberta Court of King's Bench, Alberta Court of Appeal and the British Columbia Supreme Court.

Bennett Jones Academy 2026 Sessions for Students

Our Academy Leaders, Craig Kinsman and Annaliisa Sando, and Department Heads have designed the specific Bennett Jones Academy sessions for our summer and articling students that have been detailed in the preceding pages of this program guide. As a firm that is grounded in a "build from the ground up" mentality, we are dedicated to providing our students with the best resources with which to develop a successful and thriving legal career. From introductory substantive courses in Corporate Law and Litigation to professionalism courses on business etiquette, we provide a curriculum that encourages exposure to all of the major areas of law that we practice at Bennett Jones through the practical experiences and war stories of our associates and partners.

We also run intensive, week-long boot-camp training sessions for our summer and articling student classes during their onboarding. Filled with sessions introducing students to our computer systems, library services and research department, these boot-camps are designed to provide our students with the tools they need to ensure a seamless transition from law school to legal practice. Our Academy Leader is here to ensure that you are ready to face your new career with a running start.



Bennett Jones

The following pages contain a sampling of past BJA courses offered to all of our lawyers and students from January through December of each year. Learning does not end the day we graduate from law school. We recognize that our lawyers want and need to keep learning throughout their careers. Our 2026 offerings (currently in the planning stages) will cover a wide array of substantive and professionalism topics designed to provide the ongoing professional development that our lawyers want and that excellence demands.



The Ripple Effect:

Sleep, Eat, Move and Think Better for Exponential Health and Peak Performance

Bennett Jones Professionalism Series

Course Overview

Imagine if work was a place where you went to get healthier and perform to your potential. There are problems standing in the way of making that dream a reality. The world is faced with 4 inter-related epidemics – sleeplessness, obesity, inactivity and mental illness.

Fortunately, the scientific answers to these problems are available today. Sleep soundly, eat smarter, move more and think clearly. In this workshop, Dr. Wells presents the scientific solution to these global challenges. Using stories, research and simple tactics, Dr. Wells clearly outlines how to improve your health, supercharge your life and ultimately reach your full potential.

This Bennett Jones Academy professionalism series course will focus on:

This presentation offers concrete strategies on how to get better and stay better—not just for a few weeks or a few months, but for life. Optimal well-being is obtained through a commitment to the “holy trinity” of healthy living—eating better, moving better, sleeping better. Together these lead to peak performance and exponential improvements in your health.

Faculty



Dr. Greg Wells, Ph.D.

Health & Performance Expert, Physiologist, Bestselling Author

In high performance business situations, the human mind and body have to work together for ultimate results. Dr. Greg Wells is a health and high performance expert who draws the parallels between elite athletes and top executives to help business leaders perform at the highest level, even when under the most extreme circumstances.

As a high school student, Dr. Wells broke his neck in a freak accident while swimming in the ocean. After neurosurgery, he was told by his doctor that he would never perform as an athlete again. He went on to compete at the international level in swimming, competing in events such as the Nanisivik Marathon 600 miles north of the Arctic Circle, Ironman Canada, and the Tour D'Afrique, a grueling 11,000-kilometre event that is the longest bike race in the world.

Throughout his career, Dr. Wells has coached, trained and inspired dozens of elite athletes to win medals at the Commonwealth Games, World Championships, and the Olympics. He has also studied athletic performance in some of the most severe conditions on the planet, including the Andes Mountains and the Sahara Desert.

Currently, Dr. Wells is an associate professor in kinesiology at the University of Toronto and serves as a Senior Scientist in Translational Medicine at The Hospital for Sick Children. At Sick Kids he leads the Exercise Medicine Research Program, exploring how to use exercise to prevent, diagnose, and treat chronic illnesses in children.

A frequent contributor to *The Globe and Mail*, Dr. Wells is often used as an expert source for top media outlets including *USA Today*, ABC News, "20/20," The Discovery Channel, TSN, CBC, and CTV. He also served as the sports medicine analyst for the Canadian Olympic Broadcast Consortium for the 2010 and 2012 Olympic Games.

He is also the bestselling author of three books *Superbodies: Peak Performance Secrets from the World's Best Athletes*, *The Ripple Effect: Sleep Better, Eat Better, Move Better, Think Better*, and *The Focus Effect*.



Understanding Financial Statements | Training the Street Inc.

Bennett Jones Professionalism Series

Course Overview

This intensive training program will be conducted by Training the Street Inc., the world's leading financial learning services company. The goals of this session are to provide you with exposure to foundational accounting conventions and financial statement structure along with an understanding of accounting terms and foundational calculations used in financial statement analysis.

This Bennett Jones Academy professionalism series course will focus on:

Fundamentals – “Big 3” Statements

- Foundational concepts
- Three-statement relationships
- Balance Sheet
- Income Statement
- Cash Flow Statement

Financial Statement Analysis

- Profitability and margins
- Liquidity
- Activity
- Leverage and coverage

Faculty



Training the Street Inc.

Training The Street (TTS) is the world's leading provider of courses in accounting, asset management, capital markets, financial modeling and corporate valuation training to investment banks, financial institutions, consulting firms, federal government agencies, law firms, business schools, and top colleges. With offices in the financial hubs across the U.S., as well as London, India and Hong Kong, TTS boasts a deep field of expert instructors and extensive practical experience. Currently, TTS is offering live and virtual training programs to interns and full-time hires at nearly 200 banks and corporate businesses, including Wall Street's 10 largest banks. Additionally, TTS leads workshops at more than 100 academic clients, including the top business schools globally. For more information, please visit www.trainingthestreet.com.



How to Combat Workplace Barriers for 2LGBTQ | Get REAL

Bennett Jones Professionalism Series

Course Overview

Please join our presenters for an interactive session that will provide an effective look at diversity and inclusion in the workplace.

This session will:

- Help identify and overcome barriers in the recruitment and selection process;
- Provide employees with practical tools and relevant knowledge using a friendly, down-to-earth approach;
- Provide increased knowledge of 2SLGBTQ+ identities, terminology, language; and
- Work through practical steps and creative ideas on how to improve company culture internally.

Faculty



Get REAL

As an organization, Get REAL had spoken to over 150,000 students before running our first corporate workshop. Get REAL takes the best activities, structure, and tone, and combined them with real-life scenarios relating to D&I in the workplace, that people might encounter. Their friendly approach and clear, relevant content ensure that we will add value to your business in a meaningful way.

Get REAL focuses on promoting and amplifying the voices of staff, not only on our own, and provide safe, anonymous opportunities for staff to ask questions that might be on their mind.



Move the Room: Powerful Speaking as a Force Multiplier

Bennett Jones Professionalism Series

Course Overview

When you combine high-calibre speaking with any other skill, the multiplying force of the impact you can have is profound. That impact, which Trevor calls "moving the room" can help you deliver a speech, close a deal, motivate a team or win a pitch. This session provides approaches you can apply instantly to elevate and amplify your speaking, in settings large or small. Woven into these techniques are insights gleaned from analyzing the top 100 TED talks, as well as Trevor Currie's personal observations and examples, extracted from almost 25 years of preparing national and global leaders for career-defining keynotes and presentations.

This Bennett Jones Academy professionalism series course will focus on:

- Learning to strategically find and focus on the right messages to capture attention and set yourself apart;
- Learning how to do speak in a way that is engaging and compelling; and
- Learning to align your content and delivery to connect with your audience.

Faculty



Trevor Currie

Trevor Currie is the founder of Podium Consulting. A presentation coach and consultant since 1998, Trevor has worked with CEOs, board chairs, and business leaders to help them become extraordinary communicators and deliver reputation-defining presentations and winning pitches. Trevor is the author of [Move the Room: Seven Secrets of Extraordinary Speakers](#) and the creator of The Podium Method™, a proprietary process that helps professionals prepare, frame, and deliver powerful presentations. He has provided coaching support in various industries with a particular focus on subject matter experts in law, financial services, management consulting, accounting, and advertising, where professionals need to communicate complex, technical information in a concise and compelling way. Trevor is a graduate of Western's Ivey Business School.



Emotional Intelligence and Leadership for Law Professionals in Industry 4.0

Bennett Jones Professionalism Series

Course Overview

This comprehensive talk by Jamelle Lindo explores why emotional intelligence is becoming the single most valuable leadership and workplace skill today and as we move in the future. Furthermore, it brings forward the latest research to validate what business leaders and professionals can do to position themselves for success in the midst of today's incredibly demanding and evolving digital world. All participants will walk away with an ability to define emotional intelligence and Industry 4.0, as well as apply 1-2 strategies for enhancing emotional intelligence.

This Bennett Jones Academy professionalism series course will focus on:

This course is designed to help lawyer leaders and law professionals become better influencers, coaches, mentors, communicators, collaborators, and overall performers by teaching them how to:

- Enhance self-awareness to think, feel and act proactively instead of reactively
- Enhance critical thinking skills to make better strategic decisions
- Enhance empathy to build deeper, more meaningful relationships
- Enhance collaborative skills to work more effectively with diverse teams
- Cultivate a solutions-oriented mindset towards workplace challenges
- Enhance autonomy to meet challenges independently and resourcefully
- Enhance flexibility to proactively respond and adapt to unexpected change
- Enhance resilience to better manage stressful workplace situations
- Enhance assertiveness to establish and manage individual and team accountabilities

Faculty



Jamelle Lindo

Jamelle Lindo is an emotional intelligence leadership coach, trainer, and speaker with over 11 years of diverse learning and development experience. He is driven by his mission to empower leaders and professionals within organizations to realize their highest ideals, leading to healthy and diverse cultures, happy employees and thriving businesses that make the world a better place.

Jamelle has worked with thousands of professionals across Canada to help them level up through the practical application of emotional intelligence and mindfulness strategies. Certified in the world's leading assessment tool for measuring emotional intelligence (EQ-i 2.0), Jamelle uses this powerful tool to establish a scientific benchmark to begin his clients' development journey.

He is an official member of the Forbes Coaches Council, an invite-only organization for successful business coaches, and an associate certified coach (ACC) through the International Coach Federation (ICF), which represents the gold standard for professional coaching worldwide. Jamelle's thought leadership has been frequently published on Forbes.com.

As an in-demand speaker, he focuses on teaching his audiences the importance of emotionally intelligent leadership amid today's rapidly evolving digital environment (otherwise known as industry 4.0). He is a charismatic, dynamic, and powerful presence on stage who compels his audience to critically look at how they can use emotional intelligence and mindfulness to enhance their abilities and create winning cultures within their organizations.

Jamelle is committed giving back to his community in the greater Toronto area. Locally, he serves on the executive council for United Way and provides professional development workshops for Big Brothers and Big Sisters of Canada and the Mississauga Board of Trade.



Private Equity Series

Bennett Jones Substantive Series

Private Equity I – Introduction to Valuation: A Primer for Corporate Lawyers

Course Overview

An overview of the PE/investment management business and global PE investment trends, and will then walk through the fund formation process.

Private Equity II – M&A Transactions, Buyouts and Treasury Investments

Course Overview

This course will build on the foundation of session 1 by providing a detailed introduction to PE deal structuring, touching on the principal components that drive these types of transactions, including matters relating to economics/returns, governance, liquidity, exit rights, management incentive arrangements and special considerations that apply when dealing with public companies.

Private Equity III – Introduction to Private Equity M&A

Course Overview

This course will focus on PE-backed M&A transactions with a special focus on deal skills for the transactional lawyer. Topics to be covered in session 3 will include managing the due diligence process, structuring considerations (including the use of "rollover" equity), minimizing deal risk, representation & warranty insurance, equity commitment letters & limited guarantees (when dealing with a shell entity as purchaser) and other topics.

Private Equity IV – Private Equity Deal Structuring and Case Studies

Course Overview

This course brings Private Equity I, II, and III to life and serves as a lead in to our Mergers & Acquisitions Series. Using actual deal examples, this session will dissect why certain deals were structured in certain ways, why we used the agreements we did and why we conducted the due diligence and other legal work we did – all in the context of understanding what our clients were looking to achieve and how we helped them get there.

Faculty



John M. Mercury

Executive Chair & Chair of the Board

John Mercury is Executive Chair and Chair of the Board of Bennett Jones. As Chair, John has overall responsibility for the direction, management and financial performance of the firm, with a focus on its strategic plan, market and industry initiatives, and client relationships.



James T. McClary

Partner, Co-Head of Private Equity

James specializes in M&A and private equity transactions, including buyouts, venture capital, financings, restructurings and related corporate governance matters.



Matthew J. Hunt

Partner, Co-Head of Private Equity

Matt Hunt provides advice to boards of directors and special committees on public and private M&A mandates and has advised on capital markets transactions involving all levels of the capital structure.



Mia Bacic

Partner

Mia has substantial experience advising on a broad range of corporate and securities transactional and compliance matters, including public and private share and asset acquisitions and sales, equity and debt financings, corporate governance and risk management issues, stock exchange listings, and securities regulatory and registration and compliance matters.



Elizabeth K. Dylke

Partner, Head of Investment Funds

Elizabeth Dylke has a general corporate practice with a focus on private equity and venture capital fund formation, as well as mergers and acquisitions and corporate finance transactions.



Insolvency 101: A Primer on Insolvency and Restructuring Law

Bennett Jones Substantive Series

Course Overview

Please join Keely Cameron and Kelsey Meyer for a discussion of the various types of insolvency proceedings, including receiverships, proposal proceedings, proceedings pursuant to the Companies' Creditors Arrangement Act, and bankruptcies. Keely and Kelsey will guide you through these different processes and the related court proceedings providing insight into the type of work that our insolvency group does.

Faculty



Keely Cameron

Partner

Keely Cameron is an experienced legal counsel with a solid business background. Her practice focuses primarily on assisting clients navigate Alberta's oil and gas regulatory regime, including licensing, environmental liability and transfer issues, as well as understanding regulatory obligations during insolvency proceedings. Keely's practice also includes employment law matters including the drafting of policies and terminations.

Keely also advises clients on the incorporation of Environmental, Social and Governance (ESG) strategies and has a strong interest in environmental and employment Class Actions.

Having previously worked at Alberta's Energy Regulator (AER), Keely has extensive experience on the full lifecycle of Alberta oil and gas matters, from permitting to compliance to remediation and reclamation. She was counsel for the AER on the Supreme Court of Canada decision involving Redwater Energy; the leading case on how environmental liabilities need to be addressed in an insolvency.



Kelsey Meyer

Partner

Kelsey Meyer is a Partner in Bennett Jones LLP's Litigation Department, and is the Co-Head of the firm's Restructuring and Insolvency practice group. Kelsey specializes in complex commercial disputes, with a focus on bankruptcy, insolvency, and restructuring matters. She has been elected as a Bencher of the Law Society of Alberta for a three-year term commencing February 29, 2024.

Kelsey has been appointed as a member of the Insolvency Institute of Canada, and is actively engaged in professional associations such as the Turnaround Management Association and the International Women's Insolvency & Restructuring Confederation. She has over 20 years' experience representing clients on highly complex and intricate commercial litigation matters, including advancing novel developments in the law before all levels of Canadian courts. She shines in fastpaced and highly complex commercial litigation court applications, where she is known for her practical and results-driven approach. She has a proven track record of hard work and dedication to her clients, colleagues and community. She has acted as a principal and as a formal mentor to 19 articling students and associates. She regularly writes and presents on developments in commercial litigation and insolvency law.



Energy Transaction

Bennett Jones Substantive Series

Course Overview

What distinguishes an "energy" transaction from a general corporate transaction? A discussion of transactions involving energy assets, energy project development and providing advice on legal matters relating to unique industry conditions.

This Bennett Jones Academy substantive series course will focus on:

- Distinguishing between upstream and midstream and downstream (traditional O&G);
- Overview of power and energy transformation opportunities (hydrogen and other renewables);
- Energy M&A and A&D, including equity investments by indigenous communities; and
- Typical Agreements in Project Development.

Faculty



Ashley White

Partner, Co-Head of Energy Practice

Ashley's practice relates primarily to corporate and commercial transactions, with a specific focus on project development, joint ventures, and private mergers and acquisitions in the energy industry. Ashley regularly represents clients in the negotiation and drafting of energy contracts relating to the development of oil & gas and renewable resources, including ownership, operation and other types of project agreements. She also advises clients on contractual issues arising from construction, procurement, and service-related agreements.

Ashley assists clients in the acquisition and divestiture of energy-related projects and assets, including the negotiation and completion of complex purchase and sale transactions, and general corporate/commercial matters in connection with corporate reorganizations.

She brings to her practice complementary experience in advising clients on, and the negotiation of, joint ventures between industry and Indigenous communities in connection with equity ownership and investments in natural resource projects in Western Canada.

Ashley is a committee member of the Canadian Energy Law Foundation Jasper Seminar and is a member of the Petroleum Acquisition and Divestiture Association. She is on the board of directors for The Women's Centre in Calgary and has previously served as a committee member and director on other non-profits in Calgary and Edmonton. Ashley is also the Chair of the Student Recruitment Committee in Calgary.



Luke Morrison

Partner

Luke's practice focuses on quarterbacking transactions involving oil and gas and power/renewable energy assets, particularly in the areas of: M&A/purchase and sale deals; commercial aspects of insolvency and restructuring; Indigenous joint ventures and co-ownership; and commercial project development contract matters.

Luke has acted as lead counsel on a diverse range of landscape-shaping transactions in the Canadian energy sector, from conventional oil and gas to large-scale renewable projects. Highlights of Luke's recent mandates include the acquisition of Canada's largest urban solar project, the ongoing development of Canada's largest proposed integrated blue hydrogen production project and multiple landmark/precedentsetting energy insolvency deals.

Luke assists energy clients on a full spectrum of project development matters, including co-ownership structuring (governance and ESG), joint development issues, operations, marketing, and supply/off-take transactions. He has developed specialized expertise in advising on energy transformation projects (such as petrochemicals, helium, solar, wind and hydrogen) and the application of new energy technologies, such as in relation to lithium extraction, blockchain, small modular reactors and well site/facility re-purposing.

Luke serves as a board member of The Educational Partnership Foundation, a not-for-profit charity that provides support for Canadian youth with literacy, book donation and trades training programs, including for Indigenous and remote communities where there is a gap in existing programs. Luke is also a member of the Student Recruitment Committee in Calgary.



Effective Brief Writing

Bennett Jones Substantive Series

Course Overview

Applications, trials, and appeals are won or lost on written argument. In the COVID-era of virtual hearings and growing desk applications, written advocacy is more important than ever.

This Bennett Jones Academy substantive series course will focus on:

- Best practices for writing submissions, briefs, and factums;
- What not to do and how to fix it; and
- Introduction to the new process for internal brief reviews starting in Calgary.

Faculty



Scott H. D. Bower

Partner, Co-Head of Research + Opinions Practice

National Co-Head of the Legal Research and Opinions group, Scott Bower advises clients in complex corporate, commercial, securities and energy litigation matters. He appears before all levels of court in Canada and before administrative tribunals.

Scott's experience in dispute resolution includes assisting businesses who are contemplating or facing traditional court proceedings as well as those considering arbitration or mediation. He handles matters including energy ownership and royalty disputes before the Supreme Court of Canada and has also appeared before that court assisting clients with constitutional cases.

Scott advises police agencies on policing and administrative law and has done so for over 29 years. His clients include police services, chiefs of police, police commissions, and municipalities throughout Western Canada.

An active member of the community, Scott has served as a volunteer director and president for Calgary Legal Guidance, a charitable organization providing free legal services to the disadvantaged, a director of BlockWatch, and currently is a member of the Joint Law Society of Alberta and Canadian Bar Association Legislative Review Committee. Scott is also an Associate American Bar Association member.



Ciara J. Mackey

Partner

Ciara Mackey helps clients navigate their most complex litigation and contractual disputes by providing practical advice and compelling advocacy, legal research, and writing skills.

Ciara's practice focuses on commercial and energy litigation, and she is regularly involved in disputes relating to breach of contract, professional negligence, breach of fiduciary duty, fraud recovery, defamation, and intellectual property rights. She also represents medical professionals sued for malpractice or facing professional disciplinary matters.

Ciara has appeared before all levels of court in Alberta on civil claims and judicial review of administrative tribunal decisions, and has experience in alternative dispute resolution. In addition, she has served as legal counsel to the Court of Appeal of Alberta.

During law school, Ciara was actively involved with the Health Law Institute at the University of Alberta and has published and presented on issues of health law, technology, and policy. In 2011, Ciara was awarded the George Bligh O'Connor Silver Medal in Law from the University of Alberta.

Seminar Locations

All courses will take place in the 45th Floor Boardrooms in Calgary and the Amiskwaciy or Elk Island Boardrooms in Edmonton.

Calgary Office:

4500 Bankers Hall East, 855 - 2nd Street SW
Calgary AB T2P 4K7

Edmonton Office:

1400 Stantec Tower, 10220 - 103 Avenue NW
Edmonton, Alberta T5J 0K4

Academy Leaders



Craig M. Kinsman

Director, Professional Development (Alberta)

403.298.3211

kinsmanc@bennettjones.com

Craig Kinsman is the Director, Professional Development (Alberta). Craig is responsible for all aspects of the associate programs and professional development generally in the Calgary and Edmonton offices.

Prior to joining Bennett Jones, Craig was a Mentor in Residence at the University of Calgary's Faculty of Law. He has also been Executive Director of the Alberta Lawyers' Assistance Society and Executive Director of the Canadian Bar Association (Alberta).

While actively practising, Craig was Staff Lawyer (Practice Review) at the Law Society of Alberta, in-house counsel in Yemen for a large, Calgary-based oil and gas company, and an associate at another large Calgary-based law firm.



Annaliisa Sando

Director, Student Recruitment and Programs (Alberta)

403.298.4479

sandoa@bennettjones.com

Annaliisa Sando is the Director, Student Recruitment and Programs (Alberta). She is responsible for managing the recruitment of Law Students, and the Summer and Articling Student Programs, in Calgary and Edmonton. Annaliisa is actively involved in law school recruitment activities, interviewing students, performance reviews and mentoring.

Prior to her current role, Annaliisa maintained a general corporate commercial practice for several years at a large Calgary-based law firm, and then at a medium-sized Calgary firm. In her role as an associate lawyer, Annaliisa advised clients on a broad range of matters including corporate organization and restructuring, mergers and acquisitions, new business start-ups and shareholder disputes. Annaliisa gained in-house legal experience during secondments to a large oil and gas company, as well as a major Canadian airline.



Bennett Jones

For more information about our courses, or if you would like to suggest any additional topics, please contact us at your convenience.



Bennett Jones

The firm that businesses trust
with their most complex legal matters.