

Finding your Edge: Mindfulness and Optimal Performance in Law
Module 1-3

Province	Professionalism Credit	Substantive Credit
Alberta	Consider this course as part of your mandatory annual CPD plan	
British Columbia	Module 1: 1 Hour Module 2: 1 Hour Module 3: 1 Hour	
Manitoba	Consider this course as part of your annual CPD report	
New Brunswick	Petition your law society for CPD credit	
Newfoundland and Labrador	Consider this course as part of your annual CPD report	
Northwest Territories	Consider this course as part of your annual CPD report	
Nova Scotia	Consider this course as part of your mandatory annual CPD plan	
Nunavut	Consider this course as part of your annual CPD report	
Ontario	Module 1: 30 Minutes Module 3: 30 Minutes	Module 1: 30 Minutes Module 2: 1 Hour Module 3: 30 Minutes
Prince Edward Island	Consider this course as part of your annual CPD report	
Quebec	Information for mandatory continuing education: 1 Hour per module	
Saskatchewan	Petition your law society for CPD credit	
Yukon	Consider this course as part of your annual declaration report	

Other Jurisdictions	Professionalism Credit	Substantive Credit
Outside Canada	Consult your Law Society, Bar Association or Barristers Association's rules regarding internationally accredited programs	