

# Program Participant

## Naomi Nurgitz, JD

Naomi Nurgitz practised law in Toronto for 18 years and mediation for 11. Since 2009 Naomi has been teaching Mindfulness Based Stress Reduction (MBSR) Workshops in the GTA. Through her business, Training on Target, she has developed a training program for lawyers called The ARTFL Lawyer- Awareness and Resilience Training for Lawyers, which combines mindfulness and positive psychology skills to empower lawyers for peak performance, in all aspects of life. Naomi is an originating member of the non-profit organization Mindfulness Everyday which for the last 8 years has been working to bring mindfulness skills to the GTA community.

