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Why IDEA in Law Matters: Culture, Belonging, and Wellbeing in the Legal Profession

Susannah Alleyne was invited to speak as a guest lecturer on the course, *Mental Health and the Legal Profession*, at the University of Calgary Law School. Susannah explored the critical role inclusion, diversity, equity, and accessibility play in fostering mental health, belonging, and psychological safety. The session further considered how systemic narratives and cultural expectations can affect conformity and belonging in the legal profession.