

CLIA Not So Risky Business Roundup – September 2025

For over 35 years, the Canadian Lawyers Insurance Association (CLIA) has worked to bring peace of mind to the lawyers in our subscriber jurisdictions and the clients they serve. We also want you to think of CLIA when in need of answers about your insurance or help with loss prevention.

We recently launched a blog, [Not So Risky Business](#), to help. Every Wednesday you can expect an informative post on topics to better help you manage your practice, avoid errors and understand your insurance coverage needs. To receive these posts directly in your inbox, [please subscribe!](#)

Recent posts include:

[Update: Generative AI Guidance:](#) With the explosion of Generative AI and the subsequent confusion and misuse by lawyers, several useful resources have been created to assist lawyers to better understand how lawyers can incorporate AI into their practice and professional responsibility considerations. Since our original post in February 2024, several more jurisdictions have released guidance.

[Are You Doing Your Gratitudes?: The Power of Being Grateful:](#) In her latest post in the Wellness Docket Series, Erin Durant explains what a gratitude practice is and the value of adopting.

[Land of Confusion: Dealing with the Bombardment of AI Information:](#) The psychological harm associated with technological change, particularly the exponential change we are experiencing, is well documented. Numerous articles have been written on why people feel overwhelmed by technological change and the effects of technostress, the inability to cope with new computer technologies. See this post for assistance in dealing with the large influx of information.

[From Courtroom to Crib: Preparing Your Practice for Parental Leave:](#) Taking parental leave as a lawyer can feel like stepping away from a moving train. But with smart planning and a proactive mindset, it's possible to care for your clients *and* your growing family. Zina Scott offers practical tips and tricks for managing your legal practice while preparing for parental leave.

[Bite Size CPD: Practice Management:](#) For several years, the Law Society of Saskatchewan has developed the [Bite Size CPD Series](#). These informative under-10-minute video episodes cover a variety of topics and are available for all to view on the Law Society website. A new episode is released each Thursday. In case you missed it, over the summer the Law Society released several useful videos to help with various practice management issues.

[Wellness Toolkit: Emotional Intelligence:](#) As noted by the Federation of Law Societies of Canada, "legal professionals are at higher risk of experiencing stress, anxiety,

depression and substance use than are other professionals". We also know that many claims result from wellness issues. As such, CLIA recognizes the importance of promoting wellness for the profession.

To help, in 2025 CLIA compiled numerous wellness resources into an [Online Wellness Toolkit](#). Our online Wellness Toolkit houses resources to assist you in detecting warning signs in yourself and others, provide more information for those in higher-risk groups, and tools to deal with risks specific to the legal profession. One specific topic is Developing Skills to Preserve Health, such as Emotional Intelligence.

[Staying Organized as a Young Lawyer](#): There's no worse feeling than when you are on an important phone call and you cannot find a key document on the point you are trying to make. As a new lawyer, your day-to-day responsibilities can feel overwhelming. However, staying organized is one of the most critical skills that will set you apart. Guest contributor Matthew Coleman shares practical tips to help stay organized as you embark on your legal career.

[CLIA Loss Prevention Repository: Limitation Periods/Time Management](#): Missed limitation periods continues to be one of the most common claims areas for CLIA Subscriber jurisdictions. Some reasons for missing a limitation period are inadequate office systems, human error and applying the wrong legislation. To help, we've compiled resources developed by our Subscribers and Partners in our [Loss Prevention Repository](#).

[Bite Size CPD Series: Mental Wellness Part II](#): In our previous post [Bite Size CPD Series: Mental Wellness](#), we shared links to several episodes on the topic produced by the Law Society of Saskatchewan. This series considers underlying conditions, causes and potential solutions in informative under-10-minute video episodes. A variety of other topics are available for all to view on the Law Society website, and a new episode is released each Thursday. Over the summer, the Law Society produced several new videos in the Mental Wellness Series to assist.