

## Ahna Lake, MD

Dr. Ahna Lake is a nationally recognized leader in the field of Professional Effectiveness and Well-being. She has spoken widely on this topic to professionals in high-stress, high-responsibility fields of all types—including judges, lawyers, court administrators, physicians and dentists—throughout the U.S., in Canada, and at the International Montreux Congress on Stress Medicine. Both her counseling practice and the original concepts she has developed to introduce wellness into professional life have been featured repeatedly in the medical press. In addition to her work with professionals, Dr. Lake currently owns and directs three nutrition clinics in Vermont and Maine which focus on health optimization, weight loss and reversal of diet-related illnesses.

A graduate of McGill University's Medical School and Family Medicine Residency, Dr. Lake also holds a Master of Science degree in Medical Anthropology from the Université de Montréal. She is the former medical and associate editor of Canada's Wellness MD magazine, sat on the Board of Directors of the National Wellness Institute for eight years, completed two terms as a Councilor-at-Large for the Vermont Medical Society, and was instrumental in establishing a statewide health program for Vermont doctors in 2001.

In 1998 Dr. Lake was honored with an invitation by the Vermont Supreme Court to speak on judicial wellness before the state's judiciary. Since then she has worked extensively with the Vermont and other Northeastern judges at Vermont Judicial College. She was recognized for 20 years of service to the Vermont judiciary in 2018.

In 2010 Dr. Lake was invited onto the Faculty of the National Judicial College (NJC), since which time she has spoken to a variety of judicial groups in 11 states including at the NJC's week-long Innovative Leadership & Management Skills for Current and Future Court Leaders course in Reno, NV.

Dr. Lake is frequently called upon to offer her one-on-one counseling services to judges at the judicial conferences at which she speaks. These private sessions allow judges to confidentially discuss burnout prevention, stress management, and other work-life issues with Dr. Lake.