**KATHARINE A. RAJCZAK LLB, MFA**

**Mediator, Collaborative Lawyer,**

**Parenting Coordinator**

**Voice, Communications, and Conflict Management Coach**

**Certified Kundalini Yoga Instructor**

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**SUMMARY**

After practising as a family trial lawyer and solicitor in real estate, and estates law for 25 years, Ms. Rajczak’s legal work is now focused on alternative conflict resolution processes including family mediation, collaborative negotiation, and parenting support through her company, **NEXT STAGE CONFLICT RESOLUTION.** Ms. Rajczak also offers individual, group, and corporate communication coaching to assist with conflict management and resolution of disputes***.***

Through **NEXT STAGE COMMUNICATION COACHING** Ms. Rajczak designs, produces and conducts workshops and one-on-one training for business, legal, health, and performance professionals using breath, voice, and mindfulness techniques to create confident presentations and improve personal and professional communications. As a certified Kundalini Yoga instructor Ms. Rajczak incorporates the philosophy and physicality of kundalini yoga in her voice and communication training. She also leads regular kundalini yoga classes online and in-person.

# WORK HISTORY

**NEXT STAGE COMMUNICATION COACHING** September 2020 to present  **Voice, Communication and Public Speaking Trainer, Yoga Instructor** (Online, In-person, Retreats)

**NEXT STAGE CONFLICT RESOLUTION** October 2012 to present

**Mediator, Conflict Management Coach, Collaborative Lawyer, Parenting Coordinator**

**THE HONOUR SYMPOSIUM**  (Stratford) April 2018

**Producer /Actor**

In April 2018, through **Next Stage Conflict Resolution,**  Ms. Rajczak produced and presented *The Honour Symposium* in Stratford Ontario. With the presentation of the play, *Honour*, by Australian playwright, Joanna Murray-Smith and a variety of germane presentations by speakers and workshop leaders who bring an alternative approach to the resolution of family conflicts, the symposium provided an opportunity for discussion of the emotional challenges people face during family restructuring and how alternative conflict resolution processes can make the experience more bearable, productive, and cost-efficient. Workshops for clients and service providers included improvisation, role-play, and breath and mindfulness techniques to support more successful mediation, collaborative law, parenting coordination and re-integration counselling sessions. *Honour* was directed by Valerie Hawkins and featured Ms. Rajczak as Honor, David Keeley as George, Emma Rudy as Sophie and Laura Larson as Claudia.

**THE HOUR GLASS** (London)2012-2013

**Co-Artistic Director and Co-Producer**

Ms. Rajczak took the role of Claire in *Boston Marriage* by David Mamet, a play about two turn of the century women in a “Boston marriage” relationship. The play explores the dynamic of an intimate relationship, and in particular one affected by the pressures of societal expectations, structures, and prejudices. The production featured Caroline Guerin and Claire Lautier; Directed by Kate Fenton; April 2013 at McManus Theatre, Grand Theatre, London, Ontario.

**KATHARINE A. RAJCZAK PROFESSIONAL CORPORATION** October 2009 to present

**Sole Practitioner/Owner**

Litigator and solicitor in family, real estate, and estates law; involved in trial and appeal work, negotiations, and mediations and arbitrations.

**NIMAN GELGOOT AND ASSOCIATES LLP** (Toronto)1999 - 2018

**Lawyer**

Associated with the family law litigation firm of Niman Gelgoot and Associates LLP, Toronto, Ontario; involved in trial and appeal work, negotiations, and mediations and arbitrations.

**Katharine Rajczak Law** (Toronto)1997-1999

**Sole Practitioner**

Barrister and Solicitor with a focus on Family, Employment, Not-for-Profit, and Wills & Estates Law.

**ONTARIO** **COLLEGE** **OF** **ART** **&** **DESIGN** (Toronto)June 1996 - July 1997

**Executive Director**

Responsible for management of staff and volunteers for fundraising development, communications, marketing, and public relations. Also acted as in-house liaison on legal issues including labour, intellectual property, real estate, and human resources policy issues.

**SECOND HARVEST** (Toronto) 1995 - 1996

**Interim Executive Director**

While attending the Ontario Bar Admission Course from September 1995 to February 1996, returned on an interim basis to former position of Executive Director of *Second Harvest*, a non-profit, charitable organization. Managed day-to-day operations of this charitable organization, which alleviates the effects of hunger through the redistribution of surplus food and the development of self-help initiatives. Responsibilities included strategic planning, management of staff and volunteers, fundraising, public relations, and liaison with Board of Directors.

**WINDFALL** **CLOTHING** **SERVICE** (Toronto) 1993-94

**Fundraising Coordinator and Management Consultant**

While in attendance at Osgoode Hall Law School, worked full-time in the summer and part-time during the school year with the charitable organization, *Windfall Clothing Service*. Acted as consultant to the Board of Directors on development of administrative functions, day-to-day operations and strategic plan, managed fundraising program, organized special events, produced Annual Report, and conducted interviews to hire first Executive Director.

**OSGOODE HALL LAW SCHOOL** (Toronto)Summer 1992

**Research Assistant**

Compiled text, commentary and cases in Tort law for first year course.

**SECOND** **HARVEST**  (Toronto) 1987-1991

**Executive Director**

Having assisted Joan Clayton and Ina Andre with the start-up of *Second Harvest* on a volunteer basis in 1984-1985, became employed as Executive Director in 1987.

Responsibilities included fundraising, fiscal control, public relations, development of self-help initiatives, management of staff and general administration.

*Special Projects* - The Second Harvest Cookbook, Taste of the Nation Toronto 1991, The Community Kitchen Project, production of a corporate video.

**WOMEN'S** **COLLEGE** **HOSPITAL** (Toronto) 1986

**Special Events Co-ordinator**

Organized and promoted various events to celebrate the 75th Anniversary of the Hospital. Events included a concert at Roy Thomson Hall that raised $20,000 and a "Strawberry Festival" in Queen's Park for 2,000 people. Responsibilities included co-ordination of catering, advertising, promotional materials and media relations. Other projects included organizing and promoting clinic days and conferences for nurses, the Sexual Assault Care Centre and Health Education Resources.

**FOODSHARE** **TORONTO** 1985

**Founding Executive Director**

Submitted initial proposal to Mayor Arthur Eggleton (as he then was), with a request for funding, to conduct a public awareness campaign about hunger in Toronto. Organized a consultation conference with the mayor and constituents in the community. Worked with a steering committee to design the new organization, Foodshare Toronto. Set up a crisis phone line, designed and produced promotional materials and events, facilitated food redistribution with social service agencies, worked with volunteers and the media.

**THEATRE PLUS** (Toronto)1983-84

**Director** **of** **Public** **Relations**

Responsibilities included media relations, publicity, creation of communications materials and promotional events, program-advertising sales, co-ordination of art exhibits for theatre lobby and assistant director to Marion Andre for his play, *The Aching Heart of Samuel Kleinerman*.

*Special Projects* **-** "Your Choice" Subscriber Awards, annual fundraising gala.

**FENTON COMMUNICATIONS LTD.** (Toronto) 1980-1983

**Owner/Vice President/Business Manager**

Principal in public relations firm. Clients included Behaviour Therapy Institute, Electrolux Canada, International Theatre Institute, Tisdall, Clark and Partners, Front Page Challenge - CBC TV, and various restaurants.

**Special Projects** **-** produced Toronto's World Theatre Day Show for International Theatre Institute at the St. Lawrence Centre, 1982 and 1983

**ACTOR/NARRATOR** (Canada) 1973-79

Singing, acting, dancing, and voice-over.

**VOICE AND COMMUNICATIONS TRAINING**

**MFA with Distinction Voice Coaching and Training, 2020 - Royal Central School of Speech and Drama, UK**

Also trained with Patsy Rodenburg 2020, Natacha Osorio (Alexander Technique) 2019, Kristin Linklater Voice Centre in Orkney, Scotland 2016, 2017, and 2019; Ben Joiner 2019, Breathexperience in Vancouver, BC. 2017, Andrea Haring at the Linklater Center for Voice in New York 2016, David Smukler and Judith Koltai through the Canadian National Voice Intensive 2016; and, Leadership Skills and Communications courses at the University of Toronto and Ryerson University, Toronto Canada 1997-99.

**CONFLICT MANAGEMENT COACHING TRAINING**

Trained in the CINERGY model with Cinnie Noble in 2021

**PROFESSIONAL** **DEVELOPMENT- LEGAL**

Osgoode Hall Law School 1994; called to the Ontario Bar 1996.

Formal mediation/arbitration and collaborative law training includes the Harvard Mediation Workshop, Toronto University Continuing Legal Studies, Osgoode Continuing Legal Education and Riverdale Mediation. Ms. Rajczak continues to attend at present at ongoing continuing education through the Canadian Bar Association, Law Society of Ontario, The Advocates Society, AFCC, FDRIO and other associations in the areas of Mediation, Collaborative Law, Family, and Wills and Estates.

**MEMBERSHIPS AND RELATED ACTIVITIES**

Voice and Speech Trainers Association (VASTA)

Canadian Actors’Equity Association

Canadian Bar Association Ontario

The Advocates’Society

Association of Family and Conciliation Courts (AFCC)

International Academy of Collaborative Professionals (IACP)

Ontario Collaborative Law Federation (OCLF)

Collaborative Practice Toronto Group

Ontario Association for Family Mediation (OAFM)

Family Dispute Resolution Institute of Ontario (FDRIO)

Former Member of the Panel for the Ontario Childrens Lawyer (OCL)

Taught Family Law for Law Clerks at Seneca College of Applied Arts and Technology Written legal articles for Law Society of Ontario and Canadian Bar Association

## COMMUNITY WORK

* Board Member of Stratford Symphony Orchestra 2013 to 2018 –three years as President
* The Quickening Theatre, Toronto 2010-2013, Board of Directors
* Transition House, Toronto 1999-2002, Board of Directors
* Metropolitan Toronto Social Planning Council 1993, Board of Directors, Membership

Committee

* Toronto Taste of the Nation 1992, Co-chair - raised over $85,000 for hunger relief
* Metropolitan Toronto Social Planning Council 1990, Board of Directors
* Toronto Board of Health Advocacy Centre for Victims of Domestic Abuse 1990-91, Steering Committee
* Food Bank Task Force initiated by Bishop Terry Finlay of the Anglican Diocese 1990-91,

Committee Member (Toronto)

* Co-chaired, organized and promoted fundraising campaign, GIVE UP YOUR LUNCH DAY, raising over $400,000 for the International Red Cross for Ethiopia in 1984 (Toronto)
* Toronto Theatre Alliance 1981-83, Board of Directors, Chair of Dora Awards

Committee 1983

## AWARDS

McMillan Binch Award for Torts, Osgoode Hall Law School 1991-92

Women on the Move 1990 (Toronto Sun)

Nominated 1991 Women Who Make a Difference - Politics and Community (Toronto Life Magazine)