



**Anu Osborne,  
Certified Deep Coach, Certified Conflict Coach**

Anu has over 35 years of experience as a lawyer, mediator, coach and spiritual director. She supports individuals in the helping professions, such as law and healthcare, to move through and grow beyond personal and professional challenges. Her expertise allows her to coach, consult and mentor individuals and organizations from a wide range of backgrounds.

Anu has bachelor's degrees in Law and in Science from the University of Manitoba. As a legal practitioner she was drawn to peaceful and collaborative approaches and earned a Master of Laws in Alternative Dispute Resolution. She has collaborated on and mediated many workplace, injury and family disputes.

Anu trained at the Deep Coaching Institute, a school certified by the International Coaching Federation. She augmented her education with training in conflict coaching, counselling and spiritual direction. She has studied and worked with the Enneagram, a highly effective personality typology and transformational tool, for over 20 years.

Anu has taught conflict resolution and collaboration to legal, mental health and financial professionals. She has also taught at the University of Manitoba's Faculty of Law and for the Law Society of Manitoba bar admissions program.

Her service to the legal profession includes chairing the Family Law and Alternative Dispute Resolution sections of the Manitoba and Canadian bar associations. She serves as a board member of Collaborative Professionals of Canada. She also serves as a Bencher (board member) of the Law Society of Manitoba and is on its Wellness and Equity committees. She has served on its Complaints Investigation, Competence, Discipline and Practice and Ethics committees.

Anu has contributed to the journals of the Canadian and Manitoba bar associations and the International Association of Collaborative Professionals and to *The Lawyers' Weekly*.

Anu is active in the community, having served on the boards of many non-profit organizations, such as the United Way and the Canadian Legal Action and Education Fund. She is currently a council member of Prairie Jubilee, a school for spiritual formation and direction.