

Kara Hardin

Kara Hardin (she/her), Founder and CEO of The Practice Lab, is a mental health educator, Registered Psychotherapist, and former practicing corporate and securities lawyer, who works at the intersection of mental health and performance. She specializes in the complicated ways that mental health drives performance and how it shows up at work. She holds a Master's degree in Counseling Psychology from the University of St. Thomas (Minnesota) and a Juris Doctor from the University of Toronto, Faculty of Law. Kara's core values are learning and kindness.