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Darren Steeves is the director of learning and development at McInnes Cooper, supporting talent development across Atlantic Canada at one of the region's most established law firms. He is also the CEO and founder of JackHabbit, where he helps individuals and organizations build sustainable, healthy habits through evidence-based research. With over 25 years of experience in health and performance, Darren has worked with top executives, Olympic medalists, and world champion athletes. He is widely published on wellness, resilience, and behaviour change, and serves as an adjunct professor in the School of Health and Human Performance at Dalhousie University.