Tenielle A. Workman-Belanger

ASSOCIATE



OFFICE Regina

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PRACTICE AREAS

- Litigation, Dispute Resolution & Appeals
- Civil Litigation
- Commercial Litigation & Arbitrations
- Construction Law
- Estate Planning
- Estate Litigation
- Insurance Law
- Family Law

Tenielle Workman-Belanger is a bilingual litigation associate in the firm's Regina office. She maintains a broad litigation practice including civil, commercial and estate litigation.

Overview

Tenielle maintains a broad civil litigation practice. She joined McDougall Gauley as an articling student in 2025 and became an associate with the firm in 2026.

Tenielle earned her Juris Doctor from the College of Law at the University of Saskatchewan and her Certificate of Common Law in French at the University of Ottawa. Tenielle is qualified to practice in both English and French.

Tenielle's litigation experience includes formal and informal dispute resolution, court actions and arbitration. Tenielle is practical and solution oriented, and she strives to obtain the best legal outcome for every client.

Prior to law school, Tenielle received her Bachelor of Arts Honours in Psychology and a Certificate in Law and Society from the University of Regina. Her honours thesis studied the impact of cognitive load during eyewitness testimonies in multiple perpetrator crimes.

Achievements

BAR ADMISSION

- Saskatchewan, 2026

EDUCATION

- Juris Doctor, University of Saskatchewan, 2025
- Certificate of Common Law in French, University of Ottawa, 2025
- Certificate in Law and Society, University of Regina, 2022
- Bachelor of Arts Honours, University of Regina, 2020

AWARDS & RECOGNITION

- Culture and Inclusion Award of Excellence, Government of Saskatchewan, Ministry of Social Services
- Certificate of Common Law in French (CCLF) Entrance Scholarship, University of Ottawa
- Academic Silver Prize, University of Regina
- Dean's Honour List for the Faculty of Arts, University of Regina
- Centennial Merit Scholarship, University of Regina

MEMBERSHIPS & ASSOCIATIONS

- Law Society of Saskatchewan
- Canadian Bar Association
- Regina Bar Association

COMMUNITY INVOLVEMENT

- Pro Bono Law Saskatchewan, Volunteer, 2025 - present
- Pro Bono Students Canada, Volunteer, 2023 - 2024

Insights

OCTOBER 22, 2026 | Tenielle A. Workman-Belanger Gabrielle H. Robitaille

Prompt Payment in Saskatchewan Construction Projects: What Owners and Contractors Need to Know

AUGUST 20, 2026 | Tenielle A. Workman-Belanger

Received a Bill C-3 Clawback Letter? Here's What You Need to Know

FEBRUARY 17, 2026 | Alyssa Phen Tenielle A. Workman-Belanger

Key Changes in Saskatchewan's Employment Standards Regulations, 2025
