

**OFFICE**

 Regina

**CONTACT**

 306-565-5110

 306-359-0785

 tworkman@mcdougallgauley.com

**PRACTICE AREAS**

Litigation, Dispute Resolution & Appeals

Civil Litigation

Commercial Litigation & Arbitrations

Construction Law

Estate Planning

Estate Litigation

Insurance Law

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

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## 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.

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## 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
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# **Insights**

**FEBRUARY 17, 2026** | Alyssa Phen Tenielle A. Workman

**Key Changes in Saskatchewan's Employment Standards Regulations, 2025**

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