

Reimagining Wellness for Lawyers - Strategies to Thrive at Work and Life

Being a lawyer is the most stressful profession in the United States. Lawyers often have limited time for their own self-care which greatly impacts their mental and physical well-being. In this program, lawyers will learn how to redefine wellness by approaching it through a more holistic, self-compassionate lens. Specifically, lawyers will learn how to live a more harmonious life by building resilience and setting boundaries. Lawyers will also explore avenues to foster a positive mindset and build community in their personal and professional lives. Additionally, lawyers will discover strategies to integrate self-care practices into their busy lives to increase overall work performance and life satisfaction.

Timed Agenda

- 10 minutes – Lawyers will begin by discussing research around lawyer well-being and resilience, including how it impacts their mental and physical health, as well as work productivity.
- 10 minutes – Lawyers will learn specific strategies to create more work life balance and build resilience to meet their personal and professional goals. Further, lawyers will discover ways to set flexible boundaries and master time management.
- 10 minutes – Lawyers will also learn about the importance of practicing self-compassion and fostering a positive mindset to support their mental, emotional, and physical well-being. Lawyers will additionally explore avenues to increase their emotional intelligence to better communicate with colleagues and clients.
- 10 minutes – The program will highlight new research on bullying in the legal profession and provide lawyers with strategies to advocate for themselves and colleagues, as well as enhance community in their organizations and contribute to the legal profession (i.e., mentoring young lawyers, volunteering in neighborhood communities, organizing firm advocacy).
- 10 minutes – Lawyers will finally learn about the significance of intertwining healthy self-care practices into their daily routines (i.e., exercise, nutrition, sleep, mindfulness, time with loved ones) to support their overall well-being and performance.
- 10 minutes – The program will conclude with a Q&A segment.

Please note there is an interactive component consisting of polling questions throughout the presentation and a Q&A segment.