

To be a good lawyer, one has to be a healthy lawyer.

- National Task Force Lawyer Well-Being

The Path to Lawyer Well-Being

Lawyers Concerned for Lawyers, along with our partner Sand Creek Group, offers a confidential group that helps participants explore and build skills for thriving in each dimension of lawyer well-being, including intellectual, occupational, emotional, social, physical and spiritual.

WHY? A groundbreaking and comprehensive report, “*The Path to Lawyer Well-Being: Practical Recommendations for Positive Change*”, was released in 2017. It issues a call to action and LCL is responding with this ten-session series to encourage members of our community to explore and build on the report’s practical and effective recommendations.

The following topics, and others, will be included:

- ❖ Work Engagement vs. Burnout
- ❖ Stress & Rejuvenation
- ❖ Resilience & Optimism
- ❖ Mindfulness Meditation (No sitting cross-legged on the floor!)
- ❖ Conflict Management
- ❖ Work-Life Conflict
- ❖ Meaning and Purpose
- ❖ Risks of Substance Use and Mental Health Issues

WHEN: A new series will begin February 15, 2018, 4:00 P.M.—5:15 P.M.

WHERE: Court International Building
2550 University Ave W, Suite 313N
St. Paul, MN 55114

This is an open group and attendance at every session is not required. There is no cost and telephone participation is available. The group will be co-facilitated by Molly Beckstrom, M.A., CEAP, LPC and Brad McNaught, M.Div., LADC, CEAP.

TO REGISTER:

Contact Annette Erbst at

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or call (651) 646-5590.

For more information, visit

www.mnlcl.org.



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Confidential Support for Legal Professionals