

The Path to Lawyer Well-Being

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

- ABA National Task Force on 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.

Resilience and the Practice of Law

The demands and stresses of practicing law are unique and challenging. Why does it have to be so hard to balance being a successful lawyer and having peace of mind? Our summer group for lawyers, law students and judges will explore ways of achieving stability, steadiness and equilibrium in our work and life. We will talk about self-care and self-compassion, stress reduction, emotion regulation and the art of mindfulness in an interactive setting. Facilitated by mental health professionals. We hope you can join us for any or all of our interactive group meetings.

WHEN: A new series will begin June 13, 2018, 8:30 A.M. – 9:45 A.M.
June 13 – Practicing Law versus Emotional Wellbeing: Why Do They Have to be Enemies?
June 27 – Pathways to Joy
July 11 – Tap into the Strengths You Already Have
July 25 – Nurturing: Care for Your Body
August 8 – Balancing: Support Your Brain
August 22 – Flowing: Live in Rhythm with Your Nature

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.

