

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 free, confidential group that helps participants explore and build skills for thriving in each dimension of lawyer well-being: intellectual, occupational, emotional, social, physical and spiritual.



Making It Better Than Before

How important is it for you to leave your office at a reasonable hour, procrastinate less, work and live within less clutter, deal effectively with everyday stress or find a bit more meaning and happiness in your life? The key is *through habits*. Habits are the invisible structure of everyday life. Join LCL's Fall Well-Being Group for six sessions as we explore the core principles of habit formation and get encouragement in making one or two positive changes *of your choice*. Themes will include: Self-Knowledge; Pillars of Habits; The Best Time to Begin; Desire, Ease & Excuses; Unique, Just Like Everyone Else; and Where Do We Go from Here?

This series is based on the book, *"Better Than Before"*, by Gretchen Rubin, J.D. Rubin is a best-selling author who was clerking for Justice Sandra Day O'Connor when she realized she wanted to be a writer.

WHEN: October 4th, 11th, 18th, 25th; and November 1st and 8th, 2018, 5:30 -6:45 P.M.

WHERE: Lawyers Concerned for Lawyers
2550 University Ave W.
Suite 313 North (Use North elevators)
St. Paul, MN 55114

Please be willing to commit to all six sessions, as one meeting builds upon another and connections are developed. Telephone participation is available for those outside of the metro area. The group will be facilitated by Molly Beckstrom, M.A., CEAP, LPC. Space is limited.

TO REGISTER:

Contact Annette Erbst at aerbst@mncl.org or call (651) 646-5590.
For more information, visit www.mncl.org