

Understanding and Managing Holiday Stress



Media images portray happy families gathered in perfect settings where everyone loves their gifts. For lawyers who can be particularly busy at year end, expectations and details can cause significant stress and set off reactions that are anything but harmonious.

This program will offer insight into some of the triggers of holiday stress in the legal profession (financial, emotional, time pressures) and offer practical strategies and tactics to prepare for meeting them head on. Participants will also learn personal techniques for setting priorities and handling stressful situations.

If you are outside the Twin Cities and would like to participate via teleconference, please make your reservation by 9:00 a.m. on Tuesday, December 4th and we will send you the instructions and handouts.

This program is open to all lawyers. We ask \$10 per credit for our CLE programs but scholarships are always cheerfully granted. Please RSVP to aerbst@mncl.org if you'd like to attend.

Date: Tuesday, December 4, 2018

Time: 12:00 — 1:00 P.M.

Place: Lawyers Concerned for Lawyers

2550 University Ave W, Ste 313N

Saint Paul, MN 55114

R.S.V.P.: aerbst@mncl.org or 651-646-5590

1.0 CLE Standard Credit (applied for)