

# The Path to Lawyer Well-Being Toolkit

*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 Ltd, is offering a free, confidential group to help participants explore and build skills for *thriving* in each dimension of lawyer well-being: Intellectual, Occupational, Emotional, Social, Physical and Spiritual. Facilitators will be counselors from Sand Creek Group Ltd. All lawyers, judges and law students are welcome to attend!

**WHEN:** Tuesdays, 4:30 P.M. - 5:45 P.M., beginning January 22 through April 9, 2019.

## **SESSION TOPICS:**

- Jan 22 – LCL's January CLE:  
**The Path to Lawyer Well-Being: Practical Strategies for Positive Change**  
1.0 EOB Credit (applied for)
- Jan 29 – **How to Be Happier? Make it a Priority**
- Feb 5 – **Six Sources of Well-Being**
- Feb 12 – **Grow Your Gratitude**
- Feb 19 – **Do Acts of Kindness**
- Feb 26 – **Psychological Capital**
- Mar 5 – **Reframe Stress & Adversity**
- Mar 12 – **Mindfulness**
- Mar 19 – **The Emotionally Intelligent Path to Well-Being**
- Mar 26 – **Well-Being and Confidence**
- Apr 2 – **Use Your Strengths**
- Apr 9 – **Maintaining Your Momentum**

While there will be continuity between the sessions and they will build upon each other, you may attend any or all sessions may. Preregistration is suggested but not required. Phone participation is available in which case you must register by noon the day of the program.

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

## **TO REGISTER:**

Contact Annette Erbst at [aerbst@mncl.org](mailto:aerbst@mncl.org) or call (651) 646-5590.  
For more information, visit [www.mncl.org](http://www.mncl.org)