

The Path to Lawyer Well-Being Toolkit

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

- ABA and The 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 April 23 through July 30, 2019.

SESSION TOPICS:

- April 23 – **CLE: The Path to Lawyer Well-Being: Applying Well-Being Principles in our Work and Life** (1.0 Standard Credit applied for)
- April 30 – **How to Be Happier? Make it a Priority!**
- May 7 – **Six Sources of Well-Being**
- May 14 – **Grow Your Gratitude**
- May 21 – **Do Acts of Kindness**
- May 28 – **Psychological Capital**
- June 4 – **Reframe Stress & Adversity**
- June 11 – **Mindfulness**
- June 18 – **Stop Listening to Your Critical Inner Voice**
- June 25 – **The Emotionally Intelligent Path to Well-Being**
- July 2 – **No Session due to holiday**
- July 9 – **Well-Being and Confidence**
- July 16 – **Use Your Strengths**
- July 23 – **Capitalizing on Introverted Strengths**
- July 30 – **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. Preregistration is suggested but not required. Phone participation is available in which case we ask you 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@mnlcl.org or call (651) 646-5590.
For more information, visit www.mnlcl.org