



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

The Path to Lawyer Well-Being Group

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

- ABA and The National Task Force on Lawyer Well-Being

Explore and build skills for *thriving* in each dimension of lawyer well-being: Intellectual, Social, Occupational, Emotional, Physical and Spiritual. The group is sponsored by Lawyers Concerned for Lawyers, endorsed by the MSBA Well-Being Committee, and facilitated by counselors from Sand Creek Group Ltd. All lawyers, judges and law students are welcome to attend!

WHEN: Mondays, 8:45 a.m. – 10:00 a.m., February 3rd – April 27 (no meeting 2/17).

WHERE: MSBA Office, 600 Nicollet Mall, Suite 380, Minneapolis

SESSION TOPICS: *Each session will discuss a strategy in The Path to Lawyer Well-Being Toolkit. These include:*

- Integrating Well-Being Principles in our Work and Life
- Finding Your Path to Lawyer Well-Being
- Grow Your Gratitude
- Psychological Capital
- Reframe Stress & Adversity
- Mindfulness
- The Emotionally Intelligent Path to Well-Being
- Well-Being and Confidence
- Use Your Strengths
- 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. Participants will be asked to commit to confidentiality. Preregistration is suggested but not required. Phone participation is available. Please register by noon the preceding Friday to join us by phone. There is no cost to participate.

TO REGISTER:

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