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Confidential Support for Legal Professionals

LCL JANUARY 2022 CLE PROGRAMS

Resilience in the Face of Uncertainty: Getting Your Bounce Back—And Keeping It!

Tuesday, January 11, 4:00—5:00 P.M. via Zoom.

1.0 hour Standard CLE credit applied for (Course #438450)

Presented by: Bob Schuneman

The future has always been uncertain. Typically, we've navigated our lives through the uncertainty without giving it too much thought. The pandemic and other recent events have raised our awareness of uncertainty and our stress levels. This program discusses a set of resilience skills legal professionals can use to manage adversity and uncertainty in their lives.

Advance registration is required; register [here](#).

Mental Health, Well-Being, and Implicit Bias in a Post-Covid Environment

Tuesday, January 25, 4:00—5:00 P.M. via Zoom.

1.0 hour Elimination of Bias CLE credit applied for (Course #438451)

Presented by: Joan Bibelhausen and Bob Schuneman

Life and work during the COVID pandemic have been challenging for many people, including legal professionals. These challenges are multifaceted and, at times, seemingly unrelenting. While a post-COVID world may seem distant right now, current circumstances give rise to unique stressors. As the profession adjusts to rapidly changing circumstances, those quick decisions we must make may be based on implicit biases and assumptions. The pandemic has affected people differently. For some, the pandemic exacerbated an underlying health or addiction issue; for others, a new problem developed. For many in our profession, stigma continues to prevent them from seeking the help they need. This program will address the profession's changing landscape, explore the effects of implicit bias and stigma, and offer perspectives and coping tools.

Advance registration is required; register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting. These programs are open to all lawyers. For more information, please call 651-646-5590 or email [Bob Schuneman](#). LCL does not charge for these programs; contributions are gratefully appreciated. [Donate here](#).