



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL NOVEMBER 2022 CLE PROGRAMS

Understanding and Managing Holiday Stress
Tuesday, November 8, 4:00—5:00 P.M. via Zoom.
1.0 hour Standard CLE credit applied for
Presented by: Joan Bibelhausen



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.

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

Avoiding Burnout: What Fuels Your Fire?
Tuesday, November 29, 4:00—5:00 P.M. via Zoom.
1.0 hour Standard CLE credit applied for
Presented by: Joan Bibelhausen

With all we have been through these last two years both in our professional and personal lives, many lawyers are feeling exhausted, discouraged, stressed, and “burned out.” This timely program explores what burnout is, how our work as legal professionals contributes to burnout, and how to make our way out of burnout, regain our spark, and enjoy our lives.

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 legal professionals. For more information, please call 651-646-5590 or email [Joan Bibelhausen](#). LCL does not charge for these programs; contributions are gratefully appreciated. [Donate here](#).