



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, Occupational, Emotional, Social, Physical and Spiritual. The group is sponsored by Lawyers Concerned for Lawyers, endorsed by the MSBA Well-Being Committee, and will be 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., beginning October 7th.

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

SESSION TOPICS:

- Oct 7 – **CLE: The Path to Lawyer Well-Being: Integrating Well-Being Principles in our Work and Life** (1.0 Standard Credit applied for)
- Oct 14 – **Finding Your Path to Lawyer Well-Being**
- Oct 21 – **Grow Your Gratitude**
- Oct 28 – **Psychological Capital**
- Nov 4 – **Reframe Stress & Adversity**
- Nov 11 – **Mindfulness**
- Nov 18 – **The Emotionally Intelligent Path to Well-Being**
- Nov 25 – **Well-Being and Confidence**
- Dec 2 – **Use Your Strengths**
- Dec 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. 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 (by Wednesday for the December 2 session) to join us by phone.

TO REGISTER:

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