

Enhancing Resilience and Well-Being

AGENDA

In the fast-paced, dynamic and demanding law firm it is essential to maintain our health, focus and vitality. This has become increasingly challenging as stressors mount and change is ever-present. Today many business professionals experience stress-related health and performance symptoms such as fatigue, inability to focus, irritability and poor health. The neuroscience is clear that stress impacts our judgment, problem solving, self-management, and critical thinking, all of which affects our ability to deliver reliable, efficient client service. Resilience is not merely a fixed trait – it can be learned, cultivated and strengthened over time. In this interactive session, participants will learn the key ingredients to enhancing resilience, optimizing well-being and supporting one's ability to navigate challenging situations with skill and ease.

In this session participants will learn:

- The definition of resilience and its application to the challenges of practicing law
- About the body's response to stress, both acute and chronic
- Five vital resilience tools to incorporate into your practice
- To develop resilience skills and strategies to help you both prevent and recover from times of strain, stress and overload and move to a place of thriving.

For more information on this workshop call us at 416-999-9178
or email marla@forhealth.ca