

Mindset Matters

AGENDA

This session focuses on mindset and resilient ways of thinking or mental toughness.

Mindset: *'a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.'*

Lawyers are trained skeptics and often possess a cynical disposition. Where these traits work well in the courtroom, overuse of these attitudes can be problematic. Becoming aware of your inner chatter, beliefs, and the thinking patterns unique to lawyers, are all essential to understanding your mindset and actions. Research has found that mindsets are teachable and can be developed over time. It is not simply a matter of "you either have it or you don't."

Implementing practical tips, legal professionals can make subtle yet powerful shifts in their mindsets to inoculate themselves against future problems, develop increased problem-solving skills, and integrate more choiceful responses, all leading to an increased ability to deliver top quality legal services.

In this session participants will:

- Define Fixed vs. Growth mindsets and understand the related research.
- Understand common thinking patterns that arise under stress and how they are particular to legal professionals.
- Strategies to re-wire one's thinking patterns for increased effectiveness and results.
- Learn real-time resiliency skills to reframe negative thoughts in the heat of the moment.

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