

## **Understanding and Managing Stress**

### **AGENDA**

The relationship between stress levels and productivity is well researched. Findings in neuroscience show that stress changes the brain – physically and chemically. Legal professionals lead demanding lives where in order to thrive, it is essential to understand how to optimize one’s long-term functioning and minimize the negative effects of stress.

This session is designed to help individuals understand stress, both acute and chronic. Cognitive skills such as judgment, critical thinking, problem solving and creativity become impaired under chronic stress. Productivity, engagement, client retention and profitability also suffer. Research shows the best way to mitigate risk and optimize performance is education and training which provides lawyers with tools to build resilience, manage stress, and to cope with ongoing demands.

Participants will have the opportunity to assess their own signs and symptoms of stress and learn science-based strategies for managing stress and developing and enhancing resilience.

#### Objectives:

- Define “stress” and understand how to leverage the ‘upside’ of stress
- Clarify the relationship between stress and productivity
- Define resilience and understand its role with respect to the challenges of practicing law
- Apply tips and strategies for effectively managing stress and developing resilience in work and personal life

For more information on this workshop call us at 416-999-9178 or  
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