

The Mindful Lawyer CPD Series



Lawyers, the time has come to evaluate and care for your most important asset — YOU. Lawyers are remarkably efficient at taking care of clients, transactions, cases, files, and juggling all of the pressures that come along with impossible deadlines, high-stake deals and endless responsibilities.

More often than not, we can easily disconnect from the “person” at the centre of this storm. Indulge in guilt-free time away from your demanding work life to reconnect with essential time management, relaxation, and emotional intelligence skills. Most importantly, connect with your colleagues and earn those elusive professionalism credits while nourishing your soul.

Take part in the Mindful Lawyer Series from the OBA and reap the benefits in your professional and personal life.

The Mindful Lawyer Series is free to OBA/CBA Members (\$50 per session for non-members).

Feb. 6th
7:30 am – 8:30 am



MODULE 1

Re-setting Your Priorities: How Can You Be a Happier Lawyer?

- Interactive exercise: Evaluating your primary motivations, values and goals
- Scientific research on lawyers and law students vs. the general population
- Modern research on psychological needs and happiness
- Strategies for achieving personal satisfaction in your work
- What does integrity have to do with your physical and psychological health

Register: IN-PERSON | WEBCAST

Feb. 25th
7:45 am – 9:00 am



MODULE 2

Mental illness and the Legal Profession: Finding and Providing Support

Recent studies have shown that lawyers are about four times more likely to suffer from mental illness than the general population. After law school, a significant proportion of law students have been found to suffer from depression. What should law schools, legal associations, law firms and the legal profession in general be doing to eliminate stigma and support those who are suffering? How can you recognize the signs of mental illness in your colleagues, or in yourself? What can or should you do to help? How does mental illness impact co-workers and loved ones? Join us for this important discussion to find out more and to be part of the solution.

Register: [IN-PERSON](#) | [WEBCAST](#)

Mar. 25th
8:00 am – 9:00 am



MODULE 3

Managing Stress, Thriving at Work and Achieving a Healthy and Balanced Lifestyle

Let's face it - the life of a lawyer is often stressful. Stress can actually help us meet the sudden demands that we face as busy lawyers. However, too much stress can take its toll on our physical, mental and emotional well-being. Chronic stress can affect our personal lives and our ability to serve our clients. Find out techniques to help you manage your time, create work life balance and reduce and deal with stress to enhance your performance in the practice of law.

Register: [IN-PERSON](#) | [WEBCAST](#)

MODULE 4

Apr. 23rd
8:00 am – 9:00 am



Returning to Work after a Mental Health Leave: Re-entry Support

Have you recently taken a leave from work for mental illness? Gain the coping strategies you need to re-integrate into the workforce, protect your reputation and work-life balance once you return to work. You will also get a greater understanding of how to deal with stigma, your colleagues and your own internal prejudices about the illness and what you should ask for in terms of re-entry support.

Register: [WEBCAST](#)

May 21st
5:30 pm – 7:30 pm



MODULE 5

Support Networks for Lawyers Who Work Alone

Increasingly lawyers are “going solo” whether in private practice, as corporate counsel or in other alternative positions. There are great rewards in doing so – you get to be your own boss, take control of your daily schedule and reap the profits as well. But going solo also presents specific challenges, can be isolating, lonely and can take a toll on your mental health. In this session, you will gain strategies for building a support network and creating meaningful connections to help you be a happier solo practitioner.

Register: [IN-PERSON](#) | [WEBCAST](#)

Jun. 11th
8:00 am – 9:00 am



MODULE 6

Improving Your Performance: Managing Stress with Proper Nutrition

Most lawyers encounter stress as part of their daily routine but you don't have to let it impact your health or your work performance. Don't let too much work and poor eating habits overwhelm your physical health. Hear from a leading nutritionist

to gain strategies to help your body cope with your daily stresses. Find out how the right diet can help boost your immune system, increase your energy and reduce your stress level.

Register: [IN-PERSON](#) | [WEBCAST](#)