

The Busy Lawyer's Guide to Well-Being

INTRODUCTION TO WELL-BEING - 5 MINS

1. Welcome to the course and what you will learn (2 mins)
2. The issue of well-being and a definition of lawyer well-being (3 mins)

THE CHALLENGES FACING THE LEGAL PROFESSION - 11 MINS

1. The research on the extent of the issue (2 mins)
2. The perception of lawyers in the public mind (2 mins)
3. Characteristics of the legal profession and the impact on lawyers (4 mins)
4. The physiological effects and the warning signs (3 mins)

SOLUTIONS AND STRATEGIES - 14 MINS

1. Ethical, professional, and personal impacts and scenario (2 mins)
2. The National Taskforce Report (2 mins)
3. The six areas of well-being and strategies to maintain a balanced life (3 mins)
4. Managing your 168 hours activity (3 mins)
5. Understanding your readiness for change (2 mins)
6. Resources (1 min)
7. Thank you and acknowledgments (1 min)