

# *The Resilient Lawyer Agenda*

## INTRODUCTION - 2 MINS

1. Learning Mindset (1 min) - How much do you know about the topic already?
2. Your Expectations (1 min) - What do you expect to take away from this course?

## THE ISSUE - 8 MINS

1. Introducing the Issue (2 mins) - What stresses do lawyers face in the legal profession? How do these manifest themselves?
2. Interview with Jeff Bunn (4 mins) - Real-life experiences from someone working in the field of lawyer well-being.
3. Effects of Stress (1 min) - Overview of the impacts of stress and how it can manifest in people.

## WHAT IS RESILIENCY? - 4 MINS

Definition and overview of resiliency and some simple strategies to implement in your everyday life.

## SELF-ASSESSMENT - 2 MINS

Anonymous audit of your own levels of resiliency based on a series of clinically researched questions.

## BUILDING BLOCKS - 1 MIN

Results of your audit and some suggestions.

## SCENARIO - 10 MINS

Follow an attorney through a day and help them manage their reactions to stress and difficult situations.

## TOOLS AND STRATEGIES - 1 MIN

Some useful toolkits and strategies for building your resiliency.

## IMPLEMENTING CHANGE - 1 MIN

Step-by-step guide to implementing the changes you would like to see in your life.

## SUMMARY AND CLE CREDIT - 1 MIN

Thank you and CLE certificate form.