

Core PS: How to be a resilient lawyer

Recorded: 7 February | 3 hours 20 minutes
2017/2018 or 2018/2019 CPD year

Overview

Are you looking for ways to thrive in today's demanding legal environment? Lawyers at any stage of their career will benefit from this interactive and practical half day workshop facilitated by Robyn Bradey, a leading expert in the field of managing change and building resilience for lawyers. This essentials workshop will provide you with practical tips, strategies and traps to help you and your staff manage a range of workplace challenges with ease to ensure you and your team are able to consistently perform to deliver on the daily client demands. By attending this half day workshop you will gain three core CPD points in professional skills.

3 CPD Points



3 hours
20 mins



Core PS: How to be a resilient lawyer

How to stay well a work

This session will help you to adopt some simple practical initiatives which will strengthen your ability to respond and manage workplace situations and the pressures of practice with ease.

Using your mind to manage your brain

This session will provide you with useful practical techniques and strategies to help you improve your awareness of negative thoughts and behaviours in the workplace and strategies to help you build and maintain positive thoughts. Employing a simple exercise daily will build your capacity to “bounce back” and equip you to respond authentically and usefully when confronted with challenging situations.

Robyn Bradey, Proprietor & Counsellor, Rb Counselling and Consultancy Services and Accredited Mental Health Social Worker

Chair: **Sheila Kushe**, Legal Professional Development Executive, Queensland Law Society and member, QLS Wellbeing Group