

Minds Count Lecture

Recorded: 9 September 2021 | 1 hour 18 minutes
2021/2022 CPD year

Overview

Upholding the tradition of an annual Minds Count Lecture, Queensland Law Society in partnership with Bar Association of Queensland are proud to present this important event to shine the spotlight on mental health in the legal profession.

Join Petris Lapis, Director at Master Results Coach, for a practical session on finding ways to improve your wellbeing and have meaningful conversations about mental health.

1 CPD Points



HOT TOPIC

8mins

Welcome remarks

Presenter: **Elizabeth Shearer**, President, Queensland Law Society

1hour 1mins



Helping yourself and others – steps to better mental health

Join Petris Lapis for a practical session on finding ways to improve your wellbeing and have meaningful conversations about mental health. It will include:

- a brief overview of the state of mental health of lawyers in Australia including the things in our legal system and the personality profiling of lawyers that contributes to this
- practical steps you can take to maintain better mental health as a time poor legal practitioner
- how to have a wellbeing conversation and provide support to those around you
- what to do if you are the one who needs support.

Presenter: **Petris Lapis**, Director, Master Results Coach, Master Performance Consultant, Master NLP Practitioner, Master Ericsonian Hypnosis, Mindfulness Practitioner

Chair: **Gareth Beacham QC**, Barrister, Bar Association of Queensland and Chair, Bar Care Committee

9mins

Closing remarks

Presenter: **Damien O'Brien QC**, Vice President and Barrister, Bar Association of Queensland
