



HELPING LAWYERS

Serve their clients and  
themselves better with a  
*mental health lens*

## TRANSFORM YOUR PRACTICE

# Prioritize Wellness and Build Resilience *in the Legal Profession*

- + High Levels of Stress and Burnout**  
Attorneys frequently experience overwhelming workloads, tight deadlines, and high-stakes cases, leading to chronic stress and burnout. This not only affects their mental health but also diminishes their effectiveness and job satisfaction.
- + Difficulty Building Client Relationships**  
Many attorneys struggle with connecting to clients on a personal level, often due to the emotional weight of cases or a focus on legal details. This disconnect can hinder effective communication, client trust, and overall case outcomes.
- + Lack of Awareness and Support for Mental Health**  
There is often a stigma surrounding mental health in the legal profession, leading attorneys to neglect their well-being. Many lack access to resources or training to recognize mental health issues in themselves and others, resulting in unaddressed personal struggles.



Prioritize your mental health: A resilient attorney is a powerful advocate for justice.





WORKSHOP CREATED WITH YOU MIND

# Made to Empower Lawyers

## The Jury's Still Out On That

- Understanding the Impact of Abuse on Clients
- Building Effective Client Relationships
- Self-Care and Professional Boundaries

## Brief by Brief: Balancing Work and Wellness

- Identifying and Managing Hyper-Independence
- Creating Balance to Prevent Burnout

## Mental Health First Aid Workshop

- Signs of Mental Health Issues; Effective Communication & Support; Stress Management Techniques

## Mental Health Clarity Assessment on each attorney

- Mental Health Clarity Assessment: Each attorney completes a mental wellness assessment to establish a baseline of career stressors and personal well-being, forming the foundation for personalized coaching plans.

A woman with long dark hair, wearing a white blazer and white trousers, is sitting on a white, curved sofa. She is looking towards the right of the frame with a slight smile. The background features a wall with a grid of square decorative elements and a white door with a glass panel on the left. The floor is light-colored wood, and a white rug is partially visible under the sofa.

Ready to connect?

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