



URBAN WELLNESS

THE WISEMIND CO

ALL RISE:

WELL-BEING FOR LAWYERS

A Perfect Storm

The NYSBA's Report of the Task Force on Attorney Well-being states that lawyers are encompassed by a perfect storm of factors which negatively impact mental health and well-being in the profession.

- Disconnection from feelings
- Anticipatory anxiety
- Perfectionism
- Control
- Imposter syndrome
- Burnout
- Stigma

Lawyers need a place to pause, recognize how their lives and practices have been impacted by their work, and cultivate skills to **rebuild their capacity for thriving**.

Our interactive training series creates a much needed brave space for curious inquiry, grounded understanding and inspired action.

When participants engage with us they will:

- Build awareness around impacts of mental health, identity, stigma, bias and collective trauma on lawyer well-being.
- Learn about the stress cycle, burnout, and strategies for calming the nervous system.
- Gain insights into thinking traps and build capacity for positive emotions.
- Learn strategies to cultivate connection others and tune Into our relationship with ourselves and our values.
- Strengthen our rest ethic and explore opportunities for setting boundaries.



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The Overview:

This live, virtual, interactive course takes place over five sessions (2 hours each) and combines education, honest conversations, self-inquiry and science-backed strategies and practices to integrate right away.

This program is designed for small cohorts of up to 24 participants to ensure individual attention and connection with your facilitator, as well as opportunities for participants to build relationships with each other and create support systems that go beyond the course.

Participants will receive written materials with resources and sustainment activities to facilitate learning and to support growth and change beyond the class sessions. Participants will have access to the facilitators between sessions for questions or collaboration.