



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals



MAY 6-10, 2024

WELL-BEING WEEK IN LAW OPPORTUNITIES

Daily Well-Being Themes

Monday STAY STRONG focused on Physical Well-Being

Tuesday ALIGN focused on Spiritual Well-Being

Wednesday ENGAGE & GROW focused on Career and Intellectual Well-Being

Thursday CONNECT focused on Social Well-Being

Friday FEEL WELL focused on Emotional Well-Being

LCL is excited to share information about the many well-being activities in Minnesota and nationally.

Well-being and self-care strategies have significant potential to improve overall well-being in the profession, but they are not a panacea and do not diminish the reality of addiction, depression, and other mental illnesses. We can reduce our risk, but we're still at risk and help is always available through Lawyers Concerned for Lawyers. We are your lifeline. Join us for programs that address these serious issues and help LCL strengthen our community of care in the profession. Click on the highlighted program titles for information and program registration.

LCL'S WELL-BEING IN LAW WEEK ACTIVITIES

- [LCL Blog Posts](#) on each of the five well-being themes. Reach out to LCL for help anytime.
- [LCL's Lawyer Well-Being Group](#) – This free, confidential group helps participants explore and build skills for thriving in each dimension of lawyer well-being. Thursdays, 12:00 p.m. – 1:00 p.m. Via Zoom
- [LCL On-Demand CLE Presentation](#) – Five new programs:
 - “Avoiding Burnout: What Fuels Your Fire” (Standard)
 - “Clients In Crisis – Helping Yourself, Helping Your Clients (Ethics)
 - “Reducing Stigma to Avoid Chronic Stress and Burnout (Bias)
 - “Mental Health, Well-Being, and Implicit Bias in a Post-Covid World (Bias)
 - “Ethics, Mental Health, and Well-Being in a Post-Covid World (Ethics)

ADDITIONAL MINNESOTA WELL-BEING IN LAW WEEK EVENTS

- Monday, May 6 Noon-1PM CLE Webinar via Zoom [“Disability and Women+ in Law: What You Should Know”](#) HCBA & RCBA Diversity Committee Race + Equity Series Cohosted by Minnesota Disability Bar Association and Minnesota Women Lawyers.

INSTITUTE FOR WELL-BEING IN LAW (IWIL) LIVE WEBINARS – FREE TO ALL

Click on highlighted titles for information, options, and registration.

- Monday, May 6 (10AM, 11AM, 11:30AM, 12PM) “[Moving Together: Experiments in Movement, Exercise, and Dance](#)” choose your session: yoga, ballet, sitting boxing, high-intensity interval training, workstation design for well-being, or Peloton.
- Wednesday, May 8 11AM-12:30PM CST “[Well-Being Lab: Turning Knowing into Doing with Playful Experimentation](#)”
- Wednesday, May 8 1:00-2:00PM CST (3-4PM ET) “[Thriving Through Turbulence: Strategies for Maintaining Well-Being](#)”
- Friday, May 10 (9AM, 10AM, 11AM, 12PM CST) “[Share Your Well-Being-- Boosting Passion](#)” choose your session: music, writing, cooking, travel, knitting, art journaling, photo walks.

This year’s IWIL theme is Well-Being Reboot: A Fresh Start for Positive Change. It encompasses two key ideas: restart or your well-being action plans and behavioral change to enhance well-being. Resources, free for all-for-all programs, and inspirations are available through the [Institute for Well-Being in Law](#)

- [Participation Guide](#)
- [Daily Experiments](#)

ABA MEMBER EVENTS – FREE TO ABA MEMBERS

- Monday, May 6 Noon CST (1PM EST) CLE credit “[Let’s \(Not\) Get a Drink: Why Decentering Alcohol Can Transform Inclusion and Well-Being for our Legal Practice](#)”
- Tuesday, May 7 Noon CST (1PM EST) Webinar “[From Overwhelmed to Empowered: Confronting Navigating Caregiver Responsibilities and Change](#)”
- Thursday, May 9 Noon CST (1PM EST) CLE Credit “[Enhancing Your Legal Work \(and Life\) with Technology and Innovation](#)”
- Friday, May 10 Noon CST (1PM EST) CLE Credit “[The Superpower in Lawyering Part 2 – Humanizing Your Law Practice: Elevating Your Legal Skills with Additional Tools](#)”

MSBA WELL-BEING COMMITTEE

Learn more about Well-Being Committee activities and initiatives [here](#).

“[Working with Human Nature Rather than Against it: From the Rules to the Next Right Thing](#)”

- Wednesday, May 22 2-6 PM, free
- CLE and social (In-Person or Live Remote Options)
- MSBA Well-Being Committee second Signature CLE program in Creating Greater Well-Being in the Legal Profession Series.

[The Path to Lawyer Well-Being: Practical Recommendations for Positive Change](#), was published in 2017 with the goal to create a movement to improve well-being in the legal profession. The Minnesota Supreme

Court, joined by the Federal Courts, the MSBA, FBA, and LCL issued a call to action and hosted two well-being conferences in 2019 and 2022 to encourage discussion and spur action. With the support and encouragement of this consortium and the continued involvement of [Lawyers Concerned for Lawyers](#), the MSBA Well-Being Committee has committed to building on this momentum with informative, practical, and inspirational programs and initiatives.

The next right thing: To move forward as a profession, we must go beyond talking. This program moves beyond talking to demonstrate how legal scholars are incorporating methods to realistically enhance well-being in the legal profession. All of us will benefit from what they and future lawyers are bringing to our profession.

Human nature: our innate tendency toward cooperation can be harnessed at all stages of our careers to incorporate proven concepts such as civility, mindfulness, mutual care, and respect into our professional endeavors.

Join Prof. Natalie Netzel of Mitchell Hamline School of Law, Prof. David Grenardo of University of St. Thomas School of Law, and Judge Bruce Peterson from University of Minnesota Law School as they discuss the transformations they have experienced and observed in community with students. This program, moderated by LCL Executive Director Joan Bibelhausen, will provide an in-depth view of these concepts in ways that can be readily adapted and incorporated into our culture, fueling stronger client and colleague relationships, reducing stigma regarding mental health challenges and the opportunity to ask for and receive help, and enhancing overall individual and organizational well-being. Panelists will share and demonstrate insights and methods, including:

Professor Grenardo--Elevating civility from aspirational goal to core professional competency and duty and what the evidence tells us about enhancing well-being.

Professor Netzel--Self-care and mutual care work best when our systems respect and allow for it, and how working together to do better, incorporating a resilient practice approach, trauma-informed lawyering, and self-compassion can enhance problem-solving and effect systemic change.

Judge Peterson--How the best outcomes in the court system and the profession can be achieved by relying on our human nature and instincts like empathy, reciprocity, and group loyalty to problem-solve and work better together as peacemakers. Judge Peterson will build on his keynote address at LCL's 2024 Stepping Up for Well-Being breakfast.