



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

APRIL 2025 CLE OFFERINGS

Perfecting without Perfectionism

Presenter: Sarah MacGillis

Thursday, April 10, 12:00-1:00 PM via Zoom

1.0 Mental Health/Substance Use CLE Credit (applied for)

Register for Webinar [here](#)

Perfectionism can be seen as a desirable trait for getting things done with great attention to detail. But it comes at a cost. We will examine the trait of perfectionism and ask whether it is effective in bringing about that which we hope. We will explore many functional options for this rigid mindset in order to give alternatives to those who wish to modify their perfectionistic thinking.

From Isolation to Connection

Presenter: Jon Tynjala

Wednesday, April 23, 12:00-1:00 PM via Zoom

1.0 Hour Mental Health/Substance Use CLE Credit (applied for)

Register for Webinar [here](#)

Many of us work in isolation and have little time for social connection. This comes at a significant cost to our personal and professional well-being. Is there another way? In this program, we will talk about isolation and loneliness in the profession and its adverse effect on attorneys along with strategies to combat this practice reality.

After registering, you will receive a confirmation email containing information about joining the meeting. These programs are open to all legal professionals. For more information, please call 651-646-5590 or email [Joan Bibelhausen](mailto:Joan.Bibelhausen). LCL does not charge for these programs; contributions are gratefully appreciated. <https://mnlcl.org/donate/>.