



Thursday 27
April 2017
9.00am-3.00pm
ANU Commons
3 Rimmer St Canberra

Cost \$50.00 (incl gst)

The ACT Law Society and the FLPN have partnered to bring you this engaging seminar.

1) How to Stay Well at Work

Staying well at work challenges us all at some stage in our careers. Adopting some simple and practical initiatives will strengthen your ability to respond and manage workplace situations and the pressures of practice with ease.

2) Using your Mind to Manage your Brain

This session comprises formal and informal practices to minimise avoidance and improve your awareness of emotive behaviours in the workplace. Employing a simple exercise daily will build your capacity to "bounce back" and equip you to respond authentically and usefully when confronted with challenging situations.

3) Dealing with Difficult Clients and Colleagues

"Talking tough" can compromise a promising career. This session leads us through the "how, when, where, why and what" of communication and gives some tested practices to resolve situations where there is conflict. When you apply these principles you will find yourself negotiating difficult conversations and managing change with ease.

CPD points available
Limited places so register early

RSVP: Friday
21 April 2017

On registration an invoice will be sent to you for payment.

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Wellbeing Workshop

actlawsociety



Family Law
PATHWAYS
NETWORK

ACT AND
REGION

The workshop is being delivered by Robyn Bradey who is a Mental Health Accredited Social Worker in Sydney. Robyn provides clinical supervision to mental health professionals and coaching to a variety of people in health & law. Robyn is currently the Mental Health consultant and trainer for the Law Society and Legal Aid in NSW.