

Lawyers and Court Workers Welcome

311 Open Bar Series

Presents

TRAIN YOUR BRAIN: RESILIENCE STRATEGIES FOR STRESS AND BURNOUT IN FAMILY LAW

Chair: Justice Manjusha Pawagi

Speaker: Dr. Mark Fenske, Associate Professor
Dept. of Psychology at the University of
Guelph

Where: 311 Jarvis Street

When: Monday, December 4, 2017

From: 4:45 p.m. to 6:30 p.m.



Come participate in an engaging and practical discussion about how to manage stress and burnout in your law practice with Dr. Mark Fenske. Dr. Fenske researches and writes in the area of brain and human behaviour, with a specific focus on how understanding the brain can help achieve well-being. Dr. Fenske is a popular speaker and his lectures are very well-received by his audiences.

At this program, you will learn more about:

- How to identify signs of burnout and stress in your practice
- How to deal with compassion fatigue and vicarious trauma
- Common hazards to emotional resilience
- Some science behind how the brain works when confronted with a stressful situation
- Practical suggestions to manage stress and incorporate wellness into your law practice

This program has been accredited for 90 minutes of professionalism hours by the Law Society. LawPro has also approved this program for Risk Management Credits.

A video download, DVD, and materials of this session will be available at www.research.legalaid.on.ca/login.html

You will need your LAO solicitor number to log on to the LAO LAW website.

Refreshments will be served. Sponsors: Family Lawyers Association / 311 Operations Committee

Cost of Admission: \$25.00.

If you have a personal accessibility requirement, please send an e-mail to dahlia.nicholson with the subject line "Accessibility Requirement" at least 72 hours prior to the event.

This is a continuing education program **NOT** open to the public. Please bring your professional identification as it may be requested prior to admission.