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APRIL 2019 | WHAT MAKES LAWYERS HAPPY



Date: Friday, April 12, 2019

Time: 2:00 PM - 5:00 PM Eastern Daylight Time

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What Makes Lawyers Happy

Practicing law can be stressful. Unmanaged stress can lead to career dissatisfaction, mental health problems and substance abuse. Recent research based on a survey of New York Lawyers and lawyers from several other states identifies the key elements to keeping stress at bay and finding balance in lawyering.

These protective elements of happy lawyering will be discussed by the panel as well as the signs and symptoms of mental health problems that sabotage health and happiness and jeopardize your ability to practice law competently.

Sponsored by the Lawyer Assistance Program (<http://www.nysba.org/CustomTemplates/SecondaryStandard.aspx?id=614>), the Law Practice Management Committee (<http://www.nysba.org/LPMCommittee/>) and the Committee on Continuing Legal Education (<http://www.nysba.org/CLE>) of the New York State Bar Association.

Friday, April 12, 2019

2:00 p.m. – 4:00 p.m.

Convene Conference Center

101 Park Avenue
New York, NY 10017

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Agenda Topics

- > Identifying the three important elements of a happy career
- > Stress: Its relationship to mental health concerns and substance abuse
- > The importance of self-care and early identification of problems
- > Ethical considerations
- > Personal story

Program Faculty

Deborah A. Scalise, Esq. | Scalise & Hamilton, LLP
Daniel A. Timins, Esq. | Law Offices of Daniel Timins, P.C.
Eileen C. Travis, LCSW | NYCBAR Lawyers Assistance Program

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Out-of-State Accreditation: This program has also been approved for MCLE credit by the State Bar of California, the Pennsylvania Continuing Legal Education Board and the Board of Continuing Legal Education of the State of New Jersey. If you require MCLE credit in other states, we can provide you a Uniform MCLE Form.

Partial Credit for Program Segments Not Allowed: Under the New York State Continuing Legal Education Board Regulations and Guidelines, attendees at CLE programs cannot get MCLE credit for a program segment (typically, a lecture or panel, of which there are usually several in a program) unless they are present for the entire segment. Those who arrive late, depart early, or are absent for any portion of the segment WILL NOT receive credit for that program segment.

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If you have any questions about this program, please contact [Patrick Boland](mailto:pboland@nysba.org) (<mailto:pboland@nysba.org>), CLE Program Manager.

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