



An Introduction to Mindfulness and Stress Management for lawyers

*How good are you, and your team, at managing stress?
Do you know how mindfulness can help you?*

Outline of the 2-hour's in-house workshop:

- **Welcome and Introductions**
- Understanding Mindfulness and how it can help build resilience
- Busy v Stress and how to manage it
- Well being tips and techniques
- Action Plan

'All very useful, makes you think about things differently.' **Clarion Solicitors**

'The sessions are practical and get you involved.' **Irwin Mitchell**

'Not fluffy' **Switalskis**



Ann Page has been helping lawyers with their leadership and management challenges so that they can have a sustainable legal practice 'wowing' clients since 2003. A Top 100 Lawyer of the Year, with an impressive CV over a 25-year career as a senior in-house lawyer delivering first class legal services. She is a certified N.L.P. Master Practitioner and holds an H.N.L.P. certificate in coaching. **Ann has trained or coached nearly 7000 lawyers** as well as writing two books: *Managing External Legal Resources* and *The In-house Toolkit*. She is a member of the Professional Speakers Academy and Professional Speaking Association.