



**Harrogate & District Law Society and
Yorkshire Courses for Lawyers present**

**How to be self-confident in setting boundaries at work
for Junior Lawyers**

on 16th July 12.30 p.m. to 2.00pm via Zoom



Is it all work and no play? There are many surveys about the impact on Mental Health on Junior Lawyers both before and during COVID-19. *The International Bar Association found one in 10 young lawyers worldwide 'experiencing suicidal thoughts'* **Do you have the self-confidence to set well-being boundaries?**

Are you being asked to 'run before you can walk'? *This is what Aaron Baer found when he was asked to run a transaction for which he had not received any training. To find out what he did next – join us.*

Are you uncomfortable about being asked to sign documents inappropriately or back date emails? *It was reported in the Gazette (31-3-21) that a former solicitor who was struck off for dishonesty during her training contract is appealing the tribunals decision.*



Outline of today's Session

1. Interactive workshop providing practical techniques to enable you to set boundaries
2. Discussion of this and any other concerns or challenges concerning boundaries
3. General networking

Here's what other young lawyers have said about self-confident training:

'It's like therapy. Self-reflection is so useful'

'Definitely left feeling more confident than on arrival'

'Trainees need guidance during the training contact and this is often overlooked'

'Makes you feel more confident and positive about yourself and the future'

Booking Details:

Please email ann@yorkshirecoursesforlawyers.co.uk.