



The
Legal
Burnout
Solution

PRESENTED BY

The Legal Burnout Solution

legalburnout.com

Cynthia Sharp, Esq.

Director of Client Relations

cindy@legalburnout.com

(609) 923-1017

Rebecca Howlett, Esq.

Director of Attorney Well-Being

becky@legalburnout.com

RETREAT PROPOSAL

WELL-BEING STRATEGIES
FOR ATTORNEYS

ATTORNEY WELL-BEING RETREAT PROPOSAL

WHAT LAWYERS WANT & NEED

COVID-19 highlighted the critical need to prioritize employee health as an essential element of law firms' standard business practice. The pandemic continues to drive change in the legal profession, particularly what it takes to attract and retain top talent.

ATTORNEY WELL-BEING HAS NEVER BEEN MORE IMPORTANT

Overall, investing in employee wellness programming is a financial win-win for law firms as a proven means to (1) reduce costs and (2) generate more profits. Prioritizing well-being initiatives is key for maintaining high performance, retention, and recruitment.

Having each started their legal careers in Big Law, Becky and Cindy are intimately familiar with the realities and challenges of high-performance legal environments. We look forward to collaborating with your team to develop a customized program tailored to the firm's priorities.



The
Legal
Burnout
Solution

WELL-BEING IS
GOOD FOR
BUSINESS

01

PERFORMANCE

02

RETENTION

03

RECRUITMENT

SET YOUR TEAM
UP FOR SUCCESS



I. Pre-Session Survey

We leverage the information gathered in the brief pre-session survey to customize the program according to the interests and issues expressed by participating attorneys.

II. Presentation Format

Each hour will include lecture, short written exercises, small and large group discussion, as well as interactive mindfulness training and practice. By the end of the session, each participant will have created a mini Personalized Well-Being Toolkit for future guidance.

III. Most Popular Well-Being Topics

- Protect yourself from burnout
- Setting boundaries to achieve work-life balance
- Strategies to integrate self-care into your daily life and law practice
- The impact of mental health concerns on the legal profession and the importance of prioritizing attorney wellness
- Improve focus and boost your overall productivity and efficiency
- Cultivate stress resilience and grit
- Build leadership skills, including fostering professionalism and civility
- Science-based techniques to curb anxiety and stress in the moment
- Use mindfulness to enhance ethical and reflective decision-making as opposed to acting rashly and later feeling regret for poorly chosen words and actions
- How to deal with difficult people, including other attorneys, without losing your cool
- Better understand your client's objectives and keep your client reasonably informed so they can make informed decisions
- How to jumpstart habits that will lead to a healthy lifestyle
- Prevent or minimize self-destructive behaviors like substance abuse



IV. Proposed Mindfulness Techniques

- * Breathwork
- * Mindful Movement
- * Visualization
- * Gratitude
- * Positive Affirmations

V. Conclusion

Toward the end of the session, participants will be asked to finalize well-being goals and choose an accountability partner. Designed to help each individual stick to their respective commitments, we will give suggestions on how to best work with the partner to keep each other accountable to progress and help one another ultimately achieve and maintain their well-being goals over time.

VI. Follow Up

Approximately 30 days after the retreat, Becky and Cindy will offer a 60-minute virtual session open to all attendees.

VII. Investment

Once we determine your firm's specific needs and priorities we will offer a flat-fee quote that includes estimated expenses.

Results Driven

ATTORNEY WELL-BEING PLAN



The
Legal
Burnout
Solution

REACH FULL POTENTIAL

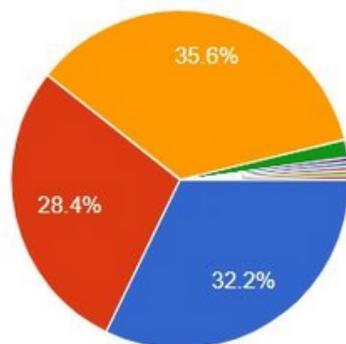
Leveraging pre-program surveys and stress assessments, all services are customized to maximize client opportunities to promote individual and organizational health & positive outcomes.

WHAT COLLEAGUES ARE SAYING

Recent program surveys demonstrate that legal professionals are actively seeking solutions to counteract the negative effects of the pandemic and ultimately improve their performance.

What is the #1 thing you hope to gain from this program?

236 responses



- Improve focus/concentration
- Curb anxiety/stress
- Learn mindfulness tools/techniques
- All of the above
- All of the above equally important-simply could not chose just one
- Address burnout
- CLE credit

FAST & EFFECTIVE

Over a 4-week period, our Online Meditation Community members reported positive changes or improvements to the following:

- 25% to focus or concentration, mood, and feelings of fulfillment
- Over 60% had improved anxiety; and
- 1/3 felt more connected to others.

TESTIMONIALS

"Cindy & Becky are excellent presenters with a personal interest and passion for the topic of mindfulness. I would definitely recommend their program to any professional looking to incorporate mindfulness into their daily routine!" --
Susan Scheer, Esq. TLBS Community Member since June 2020

Visit legalburnout.com for more info.