

A WORKSHOP FOR LAWYERS: FINDING BALANCE AND MEANING IN YOUR WORK AND YOUR LIFE

Do you neglect your own needs in the service of your work?

Do your personal relationships take a backseat to obligations of your job?

Do you want to find or recover balance and meaning in your work or in your life?

Practicing law requires time, effort and dedication. It's easy to lose track of your self and your life. Law practice often presents conflict-laden relationships, pressure to perform coupled with unrealistic self-expectations, and exposure to the crisis and tragedy of others. These conditions can contribute to stress and anxiety.

This 4-session workshop will use quotes and illuminations from *The Reflective Counselor: Daily Meditations for Lawyers* to stimulate discussion on decreasing stress and finding balance and meaning in your work and life. It will provide an opportunity for collegial support and inspiration.

Maxine Sushelsky, LMHC will lead the workshop. Maxine is a Licensed Mental Health Counselor and a lawyer. For more information about Maxine, and her musings on *The Reflective Counselor*, visit www.transitionstherapist.blogspot.com.

Date/Time: Saturdays, 11:00 a.m. to 12:15 p.m.
February 12, 19, 26, and March 5

Location: 279 Massachusetts Avenue, Arlington MA

Cost: \$140

Preregistration required. Call Maxine at 617-458-9072 or email Maxine@transitionstherapist.com

