

WEBINAR: HOW TO OVERCOME YOUR SELF SABOTAGING BARRIERS MASTERCLASS

TUESDAY 12 JULY 2022 – 12:30 – 13:30

Webinar details: The platform is **Zoom** and can be viewed on a mobile, tablet, laptop or PC. The link to join will be emailed to you nearer the time. It would be helpful to download Zoom on to your device beforehand - the app is Zoom Cloud Meetings. Please note that it may not be possible to access your video and microphone if you are remote accessing your office computer - you may want to forward the link.

Cost: £25 – Member and Associate Members of BDLS/Trainee Solicitor
£50 – Non-Member of BDLS

1 hour CPD

A one hour masterclass on three common self-sabotaging barriers - relating to balance, boundaries and beliefs – together with tools on how to overcome them

This masterclass is for you if you want to Burn Bright (not out!) BUT...

- **you feel like it is all work and no play. There never seems to be the right BALANCE in place.**
- **you seem to say yes to everyone else's demands – clients, supervisors, senior partners, family – and your needs hardly ever get a look in. Your BOUNDARIES are virtually non-existent.**
- **you BELIEVE the only way is to work hard, work long hours and never switch off (even though you know that current approach is not working out so well for you!).**

This webinar will be presented by **DONNA SMITH** For the past 20 years she has been studying burnout and now coaches and trains lawyers on how to take their wellbeing and development as seriously as they take the law. Donna is a qualified Coach and NLP Practitioner. The **BURN BRIGHT PROGRAMME** is based on her own experience of recovering from and avoiding burnout. She has created a proven process that moves individuals from feeling burnt out, stressed and overwhelmed to high performing, resilient and happy. She is the author of the upcoming *Burn Bright Journal for Lawyers – daily practices to help you thrive in your legal career.*

BOOKING FORM

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Please complete and return this slip to office@bournemouthlaw.com

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	Trainee Solicitor	£25
	Non-Member	£50
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