

WEBINAR: HOW TO BREAK THE CYCLE OF BURNOUT AND BURN BRIGHT (NOT OUT!) MASTERCLASS

TUESDAY 24 MAY 2022 – 11:00 – 12:00

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: FREE – Member and Associate Members of BDLS/Trainee Solicitor/Working in a legal environment

1 hour CPD

This masterclass is for those who are wondering:

- How to deal with the feeling of having too much to do and not enough time to do it!
- How to take back control of their day, their week, their life before it is too late and they burn out!

This webinar will give an overview of the six fundamental principles on How to Break the Cycle of Burnout and Burn Bright (not out!) to:

- Increase their awareness of where they are now and where they want to be
- Help find clarity on what is important to them right now
- Have a deeper understanding of the choices available to them in order to be and do things differently in their role
- Discover who they really are when they Burn Bright and how to be like that more frequently
- Provide tools on how to say "yes" to their wellbeing and development
- Techniques on how to apply all the above consistently to make Burn Bright their new norm



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

Bournemouth and District Law Society, Borough Chambers, Fir Vale Road, Bournemouth BH1 2JJ – DX 7616
Bournemouth – Tel: 01202 587551

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| | Solicitor Member | £0 |
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