

WEBINAR: THE BURN BRIGHT ACTIVATION PROGRAMME

WEDNESDAYS 2 AND 16 OCTOBER, 6 AND 20 NOVEMBER, 4 AND 18 DECEMBER 2024 – 10:00 – 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:	£130 – Member and Associate Members of BDLS/Trainee Solicitor £180– Non-Member of BDLS
Booking Reference:	603
CPD:	12

The Burn Bright Activation Programme is an action focused programme built around three key stages that lead to increased resilience, improved focus and higher levels of wellbeing. These three stages are:

AWARENESS Focus on what is important to you, now and in the future

CHOICE Shine a light on what could be different and what can stay the same

DECISION Create a plan of action, including tools on how to say 'YES' to your wellbeing & development and techniques on ensuring consistent application to make Burn Bright your norm

This Programme goes beyond merely attending workshops. Through conscious practice between workshops, you will embed new habits and ways of thinking to help you achieve your goal of **THRIVING** in your legal career. The Programme includes **SIX** online workshops (two hours each), consisting of:

- A deep dive analysis of the six key principles on how to Burn Bright (not out!)
- A series of activities, self-reflection exercises and group discussion
- Conscious practice assignments to complete between each of the workshops

At the end of the Burn Bright Activation Programme, you will have a sound understanding of the key principles and how to apply them to your day-to-day routine.

PROGRAMME SCHEDULE

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Workshop 1	Begin with the end in mind	Wednesday 2 October	10:00 – 12:00
Workshop 2	Knowing yourself is the beginning of your transformation	Wednesday 16 October	10:00 – 12:00
Workshop 3	Choose your deposits & withdrawals wisely	Wednesday 6 November	10:00 – 12:00
Workshop 4	Be Proactive in what you focus on	Wednesday 20 November	10:00 – 12:00
Workshop 5	'No' is a complete sentence	Wednesday 4 December	10:00 – 12:00
Workshop 6	Adopt the Magic Penny Approach	Wednesday 18 December	10:00 – 12:00

This webinar will be presented by **DONNA SMITH** For the past 20 years she has been studying burnout and now works with law firms on supporting and developing their lawyers by coaching them on how to thrive in their legal career. 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*.



Please book online at:

<https://www.bournemouthlaw.com/bournemouth-district-law-society-lectures>

Course Notes: For environmental reasons, BDLS will no longer be providing printed course notes at lectures. Lecture notes will be emailed to delegates in advance for either printing or accessing via their laptop or alternative device on the day.

Payment for lectures: Please be aware that payment must be received at the office **before** the lecture takes place. Course bookings will only be confirmed upon payment. All payments are to be paid by BACS. No refunds within 7 days of the course.