LAW SOCIETY

FINUAS Network

LAW SOCIETY OF IRELAND

Professional Wellbeing for a Successful Practice – Galway

Date:	17 May 2018
Time	10.00am – 4.00pm
Venue:	The Connacht Hotel, Galway
Fee:	€176
Discounted* Fee:	€150
CPD Hours:	5.0 Management & Professional Development Skills (by Group Study)
Seminar Code	F1806

Why attend

This innovative annual conference puts you and your wellbeing at the heart of successful professional life. Three interactive workshops will run throughout our day – each aimed at distinct aspects of your life as a busy solicitor.

Our team of speakers is drawn from the diverse worlds of legal practice, executive coaching, psychotherapy and yoga. We will provide you with the time and space to reflect on how to enjoy professional life without losing out on your health and wellbeing.

Drawing upon the latest psychological research and clinical practices we will explore tools and strategies you can use right away. You will enjoy a relaxing day with colleagues in the Connacht Hotel and you will leave ready to take on the world in a whole new way.

Interactive Workshops:

- **Time Mastery for lawyers** – how to achieve balance in your client work without losing efficiency. https://www.lawsociety.ie/productdetails?pid=1286
- **Sick of Stress?** – a look at how stress and anxiety cause illness and what we can do to avoid this!
- **Yoga for Busy Professionals** – a gentle yet impactful workshop, suitable for absolute beginners and those who may have experience.

Workshop facilitators:

Antoinette Moriarty combines her understanding of optimum human performance, gained through her training as a Psychotherapist in London and Dublin with over 20 years' experience designing and leading professional and executive development for lawyers and other executive leaders. In addition to her private Psychotherapy and Executive Coaching practice (www.professionaltherapy.ie), Antoinette manages the Law Society of Ireland's Counselling Service and teaches a new element of professional legal education entitled 'Shrink Me - Psychology of a Lawyer'.

Walt Hampton is Executive Director of Summit Success, LLC, a global personal and professional development firm. He is a business coach, law firm management consultant, leadership trainer and motivational speaker. Founder of the Positive Leadership academy, he is a leading authority on the application of Positive Psychology in the workplace. He is also the best-selling author of *Journeys on the Edge: Living a Life That Matters*, named Top 10 Non-Fiction Book in 2013 and a 2014 winner of the North American Book Awards. A 1984 graduate of The Cornell Law School, Walt practiced law in the areas or corporate and commercial litigation and criminal defence. He was managing partner of a law firm for more than 25 years.

Laragh Cunningham is a founder, trainer and teacher at The Yoga Shala and also Yo!Fit in Galway. She has been practicing yoga since she was a child and continues to use it daily as she runs her businesses and her family life. She has been teaching yoga with passion and integrity for over 15 years. She loves her work and wants to share the enormous benefits of yoga with as many people as possible. She has trained extensively all over the world and continues her learning journey from both her teachers and students alike. Her classes are accessible to all levels from absolute beginners to professional athletes and yogis.

LawCare will also attend the workshop and provide an overview of support services for solicitors.

** Applicable to Law Society Finuas Network members*

The Law Society Finuas Network is funded by member companies and the Finuas Networks Programme, managed by Skillnets funded from the National Training Fund through the Department of Education and Skills.

BOOKING FORM - LAW SOCIETY FINUAS NETWORK

Course Title: Professional Wellbeing For a Successful Practice – Galway
Course Code: F1806

The purpose of this form is to gather profile information about participants on programmes funded by Finuas networks from the National Training Fund through the Department of Education & Skills (DES). Only aggregated participant data will be reported to the DES.

Law Society Finuas network will comply with all applicable data protection legislation in respect of the information and personal data provided by you in this form. You have the right of access to the data by means of a written request and you can request Law Society Finuas network to correct any inaccuracies in the data.

Finuas networks, periodically conducts surveys to evaluate the quality and impact of the programmes delivered by its training networks. As a result, you may be contacted in future and asked to participate in such a survey

Please note that as part of Law Society Finuas network's grant obligations you may be contacted by Finuas networks. For qualitative, research and evaluation purposes, in the form of surveys, we would very much appreciate it if you could complete these short surveys as and when requested.

SECTION A: TO BE COMPLETED BY ALL TRAINEES/DELEGATES

First Name:_____ **Surname:** _____

Phone number:_____ **E-mail Address:** _____

Gender: Male ☐ **Female** ☐ **Nationality:** _____

Please select your age range below: **Home Address County:** _____

20-24	25-29	30-34	35-39	40-49	50-59	Over 60

What is your current level of employment? (please select one box only):

Full-time	Part-time	Short-time	Seasonally employed	Temporarily employed	Unemployed

Please select your highest attainment level on the National Framework of Qualifications (NFQ)?

NFQ 6		Advanced/Higher Certificate
NFQ 7		Ordinary Bachelor Degree
NFQ 8		Honours Bachelor Degree/Higher Diploma
NFQ 9		Masters Degree/Post Graduate Diploma
NFQ 10		Doctoral Degree

Other (please specify): _____

In what year did you receive your highest educational qualification? _____

If you have any special dietary requirements, please specify: _____

Signature: _____ **Date:** _____

Please turn over the page ...

SECTION B:

Company Name: _____

JobTitle/Position in Company: _____

Work address of Employee: _____

_____

Employees Supervisor/Manager Name: _____

Email address of Supervisor/Manager: _____

Phone number of Supervisor/Manager: _____

What is your occupation category? Owner Manager ☐ Managerial/Supervisor ☐ Professional ☐ Semi Skilled ☐ Technician/Technical ☐ Skilled Manual ☐ Non Manual ☐

If you do not want to receive any further information regarding training programmes managed or administered by Law Society Finuas Network, please tick this box ☐

Signature: _____ **Date:** _____

PAYMENT DETAILS

Fee: € 176 Discounted* Fee: €150 (*Law Society Finuas Network members)

I enclose a cheque in the sum of € payable to the **LAW SOCIETY FINUAS NETWORK**

You are authorised to charge to my credit card €

Card No: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐ **Expiry Date**: ☐☐/☐☐

CVV2*: ☐☐☐ **LASER** ☐ **MASTERCARD** ☐ **VISA** ☐ **OTHER** ☐ _____

***(last 3 digits of security code on reverse of card)**

Cardholder's Signature:_____

The Law Society Finuas Network Team reserve the right to cancel a training event due to unforeseen circumstances or substitute speakers without prior notice.

Payment: Payment must accompany registration and be made by cheque or credit card. Please make sure all cheques are made payable to the **Law Society Finuas Network ONLY**.

Cancellation: Cancellations must be received in writing (email accepted) three working days before the training event. Cancellations received after this will incur the full training event fee. In this instance a copy of the materials will be posted out following the training event.

Substitute Attendance: If you are unable to attend, a substitute from your firm may attend in your place. Please inform us of any changes in advance of the training event.

Acknowledgement of Registration: If you have not received acknowledgement of your training event registration one week before the training event, please telephone the Law Society Finuas Network Team in Dublin on **01 881 5727** or by e-mail: finuas@lawsociety.ie

CPD Hours: The number of hours indicated in Law Society Finuas Network training brochures, are intended as a guide only. Actual attendance at training events should only be claimed as part of your requirement.

Contact Details: Please return all completed forms to Law Society Finuas Network Team, Law Society of Ireland, Blackhall Place, Dublin 7. DX 79 Dublin **Telephone:** 01 881 5727 **Fax:** 01 672 4890 **Email:** finuas@lawsociety.ie **Website:** www.lawsociety.ie

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