

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. 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.

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 and psychotherapy.

We also have an **optional** extra yoga workshop for anyone who would like to try a new way of relaxing the mind and body!

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:

- **Mindfulness for success** a workshop that will explore ways of training your mind to become calm, present and thus more productive.
- **Time Mastery for lawyers** how to achieve balance in your client work without losing efficiency.
- **Sick of Stress?** an exploration of the scientific link between stress and anxiety and our emotional and physical wellbeing.

OPTIONAL EXTRA:

 Yoga for Busy Professionals – anyone who would like to try some yoga is welcome to take part in a short 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.



Seán Ó Tarpaigh MSc. MIAHIP is a psychotherapist with a master's degree from Metanoia Institute in London where he had a successful private practice in Hampstead for many years. Seán also led mindfulness groups in the Priory Hospital, London prior to returning to Dublin. He has now returned to Ireland to found his therapy and mindfulness practice, Crann Counselling, in Monkstown, Dublin.

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): 		Surna	me:						
Phone nur	nber:		E-mail Address:							
					<u></u>					
Gender: M	ale 🗆 Fem	Nationality:								
Please sel	ect your age	e range below:	Home	Address	Cou	nty:				
20-24	25-29	30-34	35-39	40-49	.9	9 50-59	Over 6	50		
What is yo	ur current l	evel of employ	ment? (please	e select o	one b	ox only):				
Full-time	Part-time	Short-time	Seasonally employed		Temporarily employed		Unemployed			
Please sel	ect your hig	hest attainme	nt level on the	Nationa	l Frar	nework of Q	ualificatio	ons ((NFQ)?	
			l/Higher Certificate							
NFQ 7		Ordinary Bachelor Degree								
NFQ 8		Honours Bachelor Degree/Higher Diploma								
NFQ 9		Masters Degree/Post Graduate Diploma								
NFQ 10		ee								
Other (pleas	se specify):									
n what year	did you red	eive your high	nest education	nal qualif	icatio	on?			_	
f you have	any special	dietary requir	ements, pleas	se specify	y:					
Signature:		Date:								
						Please	turn over	the p	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 \square Managerial/Supervisor \square Professional \square Semi Skilled \square Technician/Technical \square Skilled Manual \square Non Manual \square										
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 \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 <u>LAW SOCIETY FINUAS NETWORK</u>										
You are authorised to charge to my credit card €										
Card No:										
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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