

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 of 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: _____ 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 ...

