

# How to Prevent Lawyer Burnout: A Lawyer's Blueprint to Balance

Sponsored by the Delaware State Bar Association  
and the Delaware Lawyers Assistance Program

## Four lunchtime seminars in February

Wednesday, February 1, 2012

Wednesday, February 8, 2012

Wednesday, February 15, 2012

Wednesday, February 22, 2012

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Delaware State Bar Association, 301 N. Market Street, Wilmington

12:00 noon - 12:30 p.m. Registration and lunch (provided)

12:30 p.m. - 1:30 p.m. CLE

Each lunchtime seminar is 1.0 hour CLE credit including 0.5 hour Enhanced Ethics  
for Delaware and Pennsylvania attorneys

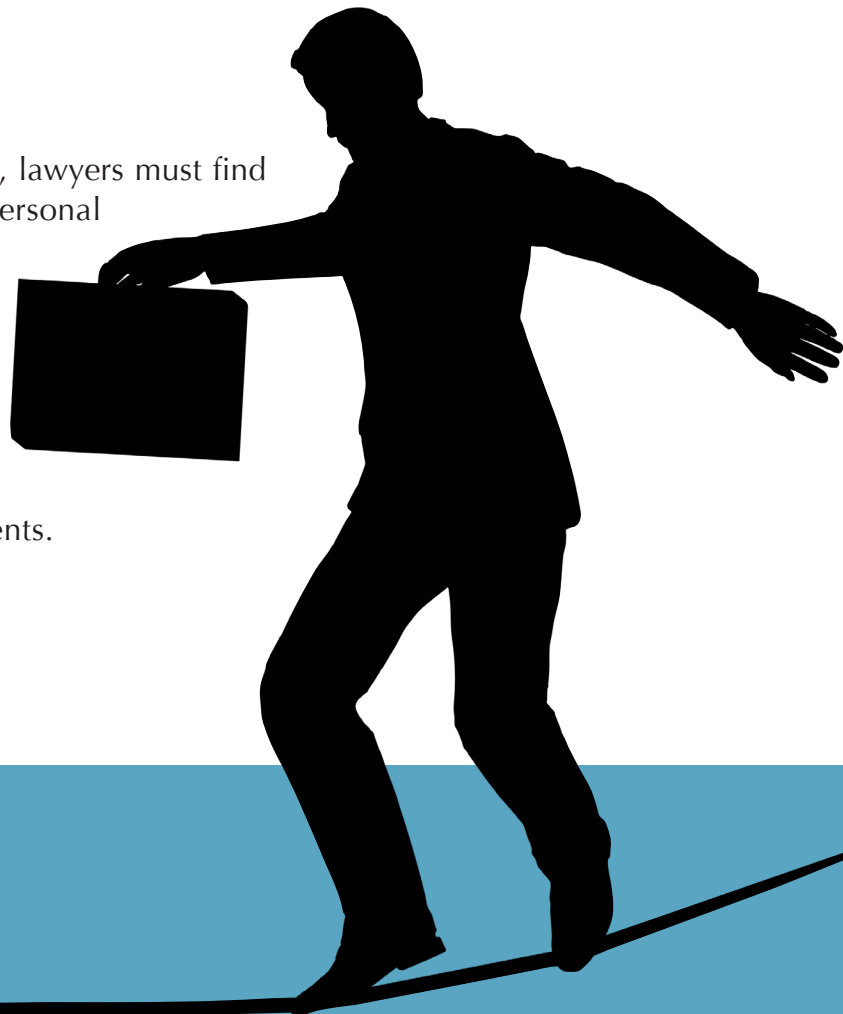
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Register online through the DSBA website at [www.dsba.org](http://www.dsba.org). Member login required.  
Material to be provided as download only. A link is emailed to registrants with registration confirmation.

## Program

To be physically and emotionally fit to practice, lawyers must find the balance between their professional and personal lives. Without a balanced life-style, lawyers are at high risk of burnout or worse.

In four one-hour workshops, you will acquire new tools to develop practical wellness skills that will enable you to successfully handle difficult situations that will affect your professionalism and representation of your clients.



# How to Prevent Lawyer Burnout: A Lawyer's Blueprint to Balance

## Session One

Wednesday, February 1, 2012

12:00 Noon -12:30 p.m. Lunch

12:30 p.m. - 1:30 p.m. CLE

(1.0 hour CLE credit including 0.5 hour Enhanced Ethics)

**Moderator and Speaker: Carol P. Waldhauser, DE-LAP Executive Director, EAP, Certified Wellness Inventory Individual/Group Coach**

A stress-free life is boring. Conversely, a stressed-out (distressful) life can lead to burnout and worse. Learn stress-relievers to gain more equilibrium in your intertwined personal and professional lives.

## Session Two

Wednesday, February 8, 2012

12:00 Noon -12:30 p.m. Registration and Lunch

12:30 p.m. - 1:30 p.m. CLE

(1.0 hour CLE credit including 0.5 hour Enhanced Ethics)

**Moderator and Speaker: Dr. Rina Marks, ND, DNH**

Are you stressed or stressed out? How can you tell the difference? Do you experience feelings of dread and the desire to quit the practice of law? Learn about wellness and health as distinct but interrelated concepts so you can develop an effective lifestyle to help you meet the increasing challenges of the profession.



## Session Three

Wednesday, February 15, 2012

12:00 Noon -12:30 p.m. Registration and Lunch

12:30 p.m. - 1:30 p.m. CLE

(1.0 hour CLE credit including 0.5 hour Enhanced Ethics)

**Moderator and Speaker: Dr. Rina Marks, ND, DNH**

If you cannot lessen your professional or personal stressors, learn to embrace them. Learn to cope with the pressures of the profession, while maintaining optimal professional competency. Learn to implement changes that will maximize your coping skills and develop good stress responders to the ever present challenges in the legal profession.

## Session Four

Wednesday, February 22, 2012

12:00 Noon -12:30 p.m. Registration and Lunch

12:30 p.m. - 1:30 p.m. CLE

(1.0 hour CLE credit including 0.5 hour Enhanced Ethics)

**Moderator and Speaker: Carol P. Waldhauser, DE-LAP Executive Director, EAP, Certified Wellness Inventory Individual/Group Coach**

Hard work is good for the mind, body, and soul. In the legal profession, the boundaries separating one's professional and personal life have changed drastically. Today, lawyers contend with time pressures, work overload, billable hours, and inadequate time for a personal life. Learn how to change through behavior modification, rethinking, and ridding yourself of negative habits, both professional and personal, that will sabotage your life.

## How to Prevent Lawyer Burnout: A Lawyer's Blueprint to Balance

Online registration available at: [www.dsba.org](http://www.dsba.org)

**Program:**  Session One on February 1, 2012 (DSB02012012HOW\_T)  Session Two on February 8, 2012 (DSB02082012HOW\_T)  
 Session Three on February 15, 2012 (DSB02152012HOW\_T)  Session Four on February 22, 2012 (DSB02222012HOW\_T)

**Tuition:** DSBA Members and Staff:  Seminar and Download materials (per session) - \$50.00  
Non-Members:  Seminar and Download materials (per session) - \$100.00  
 PA Credit – Add \$3.00 (per session) PA ID No. \_\_\_\_\_

Name: \_\_\_\_\_ DE ID No.: \_\_\_\_\_

E-mail: \_\_\_\_\_

Firm: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Check/Charge in the amount of \$ \_\_\_\_\_ enclosed. Please make checks payable to DSBA.

MasterCard  VISA  Amex  Discover  Expiration date: \_\_\_\_\_ Card number: \_\_\_\_\_

Signature: \_\_\_\_\_ (Required if card purchase) Billing Zip Code: \_\_\_\_\_

### General Information

**Incomplete registration forms will not be processed.**

Refunds issued only if cancellation is received no later than one week prior to seminar.

Registration form and online registration (Member Login required) available on website: [www.dsba.org](http://www.dsba.org).

**All registrations and payment for the Georgetown and Dover webcast locations must be prepaid 48 hours in advance of the seminar.**

Low registration in the Kent and Sussex County locations may result in cancellation of the webcast to the remote locations.

For additional information, please call (302) 658-5279.

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