



BEHIND THE COOL IMAGE:

LAWYERING IN THE 21ST CENTURY

LIVE AT DSBA WITH ZOOM OPTION

SPONSORED BY THE DELAWARE LAWYERS ASSISTANCE PROGRAM

WEDNESDAY, JANUARY 18, 2023

12:00 NOON - 1:00 P.M. SPEAKERS AND DISCUSSION

1.0 Hour CLE credits in Enhance Ethics for Delaware and Pennsylvania Attorneys

Visit <https://www.dsba.org/event/behind-the-cool-image-2022-2023-lawyering-in-the-21st-century-workshop-3-just-do-it-personal-and-professional-self-audit-your-fitness-depends-on-it/> for all the DSBA CLE seminar policies.

Please note that the attached materials are supplied by the speakers and presenters and are current as of the date of this posting.

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ABOUT THE PROGRAM

We are all human beings. More Americans are experiencing stress and anxiety than ever before. Lawyers are not immune. In 2020, a study found that: "Roughly half of practicing attorneys are experiencing symptoms of depression and anxiety, with 30% falling into the mild range and nearly 20% falling in the moderate/severe range. Don't let yourself, or someone you know, become statistic! GET ON BOARD WITH us and learn stress management/resilience tips to keep you motivated and to ward off "burnout".

Just Do It – Personal and Professional Self-Audit: Your fitness depends on it.

Whether you have been practicing 2 years or 40 years, lawyers and judges will learn new strategies for fitness through positive change and wellness. Learn what is the purpose of a self-audit and the checklist to use. Plus, the relationship of ethics and wellness.

CLE PROGRAM

WORKSHOP 3

JUST DO IT – PERSONAL AND PROFESSIONAL SELF AUDIT: YOUR FITNESS DEPENDS ON IT

SPEAKERS

Carol P. Waldhauser
DE-LAP Executive Director

Scott Godshall, Esquire
Incoming DE-LAP Executive Director

David A. White, Esquire
Office of Disciplinary Counsel

Charles Slanina, Esquire
Finger & Slanina, LLC

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BEHIND THE COOL IMAGE: BLUEPRINT FOR SELF & TIME MANAGEMENT

CAROL P. WALDHAUSER, DE-LAP



Four Simple Reasons for Procrastination

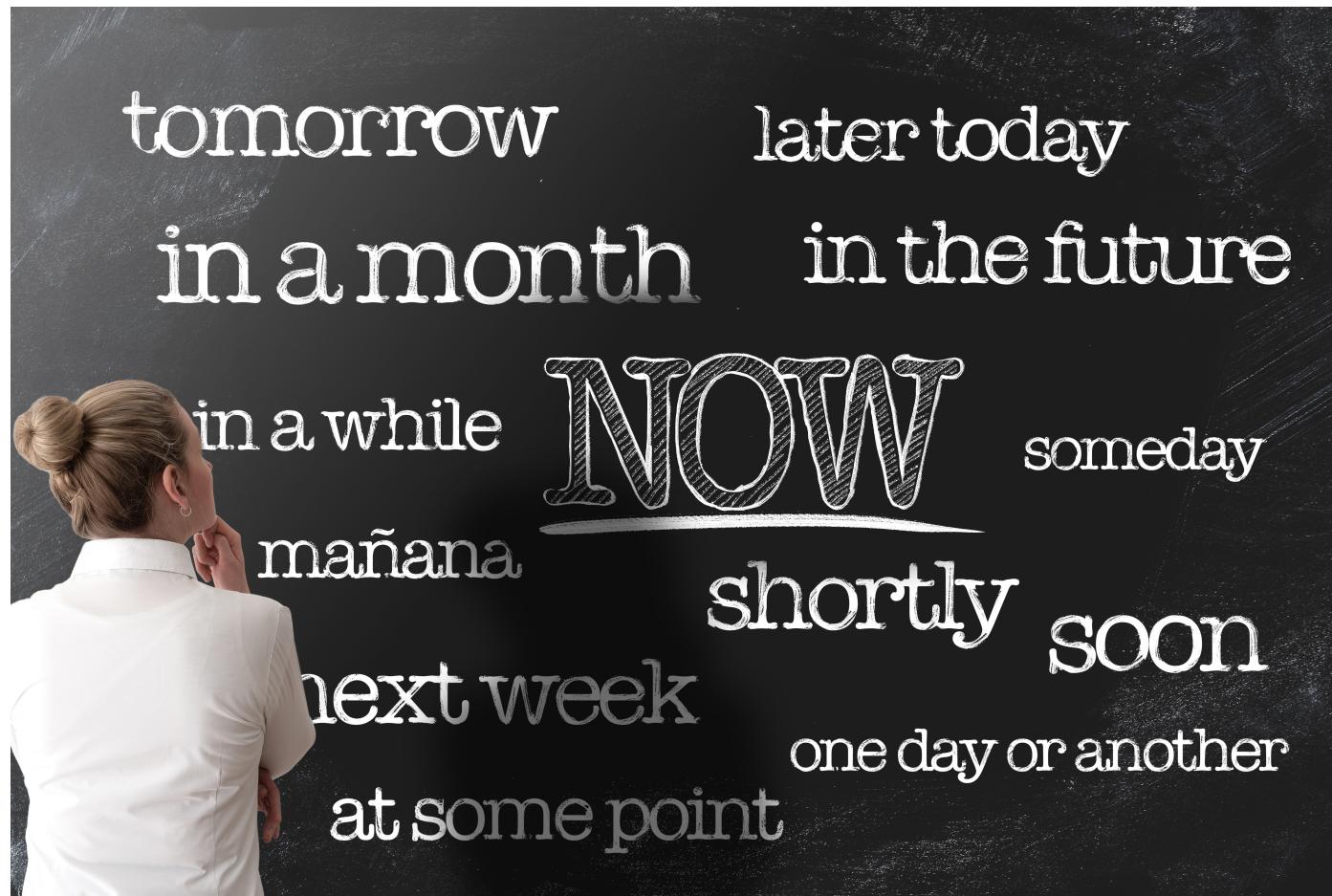
Difficult - the task seems hard to do; we naturally tend to avoid difficult things in favor of those which seem easy to us.

Time-consuming - the task will take large blocks of time, and large blocks of time are unavailable until the weekend.

Lack of knowledge or skills - no one wants to make mistakes, so wait until you learn how before you start.

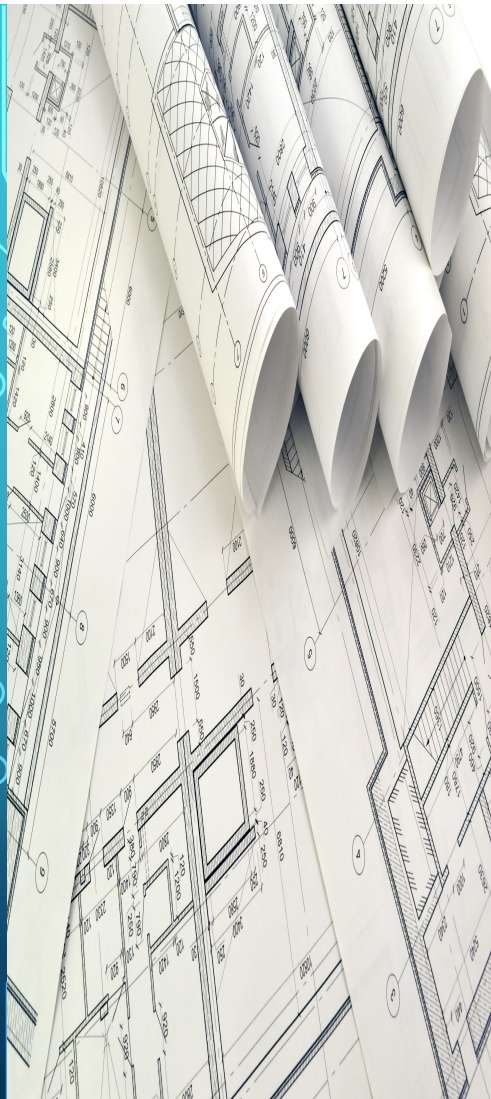
Fears - everyone will know how you screwed up.

The simple cure? Do everything opposite. Tell yourself: this isn't so hard, it won't take long, and I am sure that I know how to do it, or that I can learn while I'm doing it. And no one else really cares because they are all so busy with their own problems.





A JOURNEY OF A
THOUSAND MILES
BEGINS
WITH A SINGLE STEP
– CONFUCIUS

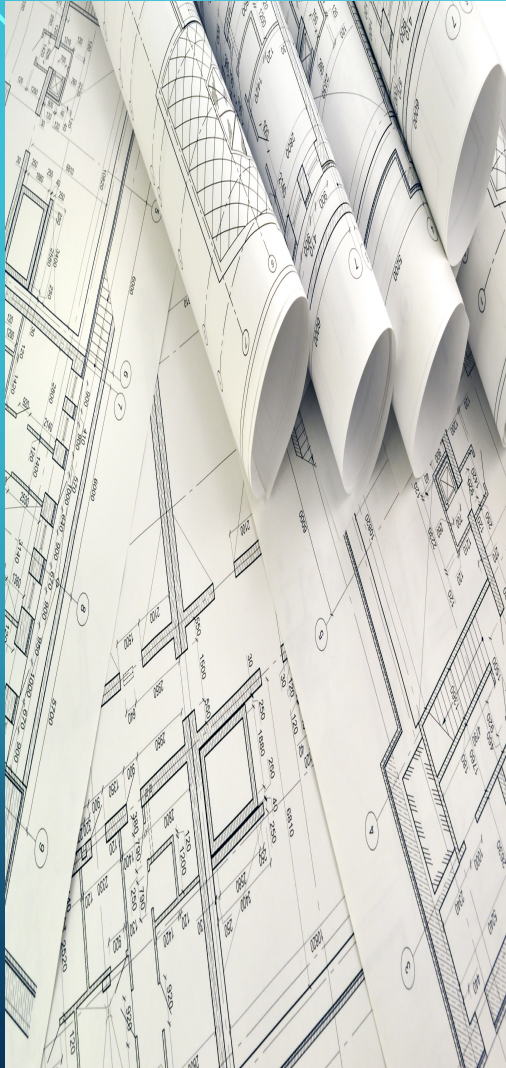


A BLUEPRINT TO USE:

Make the tasks look small and easy in your mind.

Do only a small part of the task each time – baby action steps.

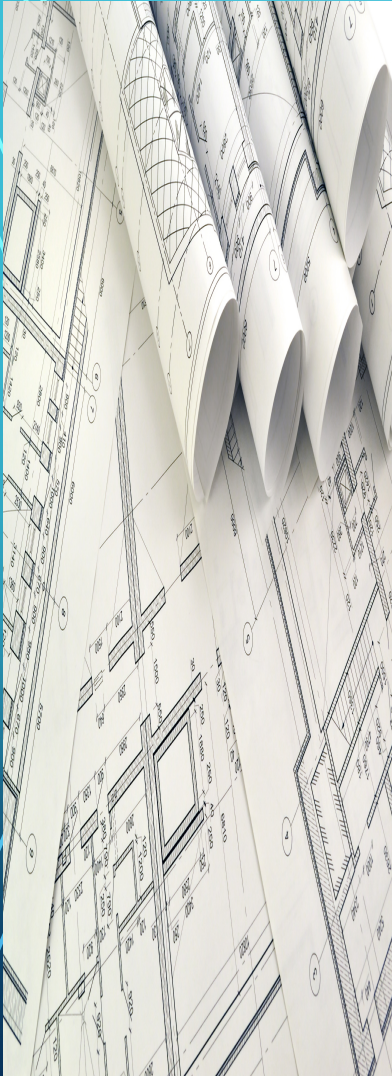
Five-minute plan: Work on something for just five minutes. At the end of five minutes, switch to something else if you want. Chances are, you'll get involved enough to keep going.



Advertise your plans to accomplish something, and let peer pressure push you forward. ("I told everyone that I was going to finish this tonight.")

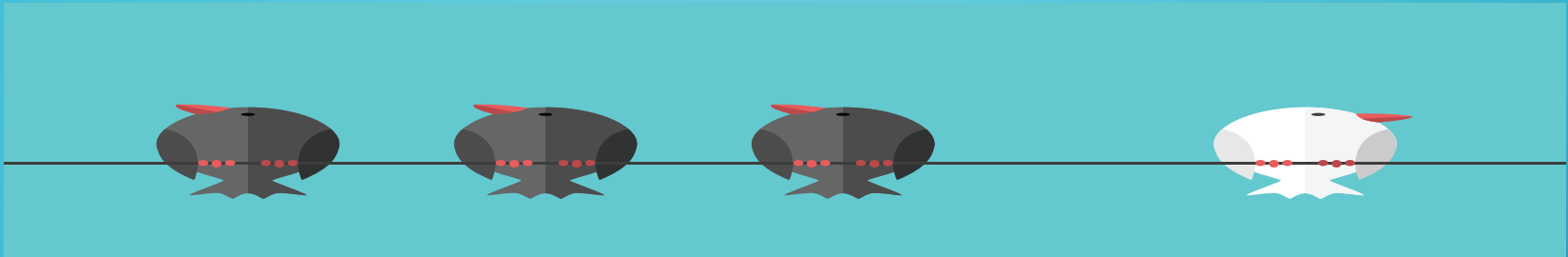
Use a good friend as a positive role model. If you have trouble concentrating, study in the presence of someone who doesn't.

Modify your environment - if you can't study at home, find a place where you can study; or, change your study situation at home.



Plan tomorrow and establish priorities - some students find that simply writing down reasonable starting and stopping times help them get going.

Expect some backsliding. Don't expect to be perfect even when you're trying to get rid of perfectionism! So occasionally, your plans will not work. Accept setbacks and start again



SHIFT from your current habit to corrective action

SHIFT from struggle to ease: the law of reverse effort

SHIFT from ego-focus to task focus

SHIFT from “I have to finish” to “I choose to start”

SHIFT from “finish an overwhelming 1,500 –hour project” to “start for 15 minutes.”

SHIFT from the arrogant, lonely struggle of your separated conscious mind to connect with your larger brain and subconscious genius.

SHIFT from your default or favorite reaction to choosing to act in a way that is congruent with your higher values and current goals.

The Now Habit at Work, Neil Fiore, PhD