

DELAWARE STATE BAR ASSOCIATION

PRESENTS

BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY'S POST-PANDEMIC ENVIRONMENT 2021

LIVE SEMINAR AT DSBA WITH ZOOM OPTION

Hosted by Delaware Lawyers Assistance Program (DE-LAP)

TUESDAY, SEPTEMBER 14, 2021 | 12:00 P.M. TO 1:00 P.M.

1.0 Hour CLE credit in Enhanced Ethics
for Delaware and Pennsylvania Attorneys



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BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY'S POST-PANDEMIC ENVIRONMENT 2021

ABOUT THE PROGRAM

Many of us navigated through the pandemic with a great deal of resilience, while experiencing also some emotional disorientation by not understanding what was happening next. For that reason, DE-LAP, has partnered with the DSBA, to bring you our traditional Behind the Cool Image series. This year, however, we will explore monthly issues that concern the change and mental health factor of the pandemic and the post pandemic world.

PRESENTER

Carol Waldhauser
Executive Director, Delaware Lawyers Assistance Program

CLE is a HYBRID CLE. You may register for this event as a live participant or by Zoom. Even if you register as a live participant, you will receive a Zoom link by email immediately which you may disregard if not attending by Zoom. (Check spam folders if you do not.) If you are going to attend the live session, you will report to the venue and check in. Only live attendees will receive live CLE credits after 12/31/2021.

REGISTRATION INFORMATION AND RATES

This CLE will be conducted live and via Zoom. To register, visit www.dsba.org/cle and select this seminar, choosing whether you wish to attend live or by Zoom. If registering for EITHER method, you will receive an email back from Zoom immediately providing you with the correct login information. If attending by zoom and you do not receive this email, contact DSBA via email: reception@dsba.org. The Supreme Court of the State of Delaware Commission on Continuing Legal Education cannot accept phone conferencing only. You must attend through a device that allows DSBA to obtain your Bar ID in order to receive CLE Credit. Your attendance will be automatically monitored beginning at the scheduled start time and will be completed when the CLE has ended. If you enter or leave the seminar after or before the scheduled start /end time, you will receive credit only for the time you attended. Your

CLE credits will be submitted to the Delaware and Pennsylvania Commissions on CLE, as usual.

Naturally, if you attend the seminar live, you must sign in and we will use your attendance as the means for reporting the live credit.

Speakers

Carol Waldhauser
Executive Director
Delaware Lawyers Assistance
Program

Georgia Larounis
Mindfulness Facilitator



UNNERVING THE NERVES

THE PROBLEM:

- We are living through unnerving times.
- The barrage of disturbing news, the COVID-19/DELTA world, major disruptions to our everyday scheduling can, and often does, cause unrelenting stress, frustrations, fear and uncertainty – even for the healthiest of legal professions.
- In unnerving the nerves, we know too that it is perfectly normal to feel overwhelmed and anxious during this time

OBSERVATIONS

- Most of us went through the past year with a great deal of emotional disorientation – not understanding what was happening to us or people around us.
- Many attorneys act as if they have it all together – thinking that something is wrong with the if they feel overwhelmed or confused. (Behind The Cool Image: Lawyering In the 21st Century.
- We believe too that we are alone in our experience.
- It is imperative in recovering our resilience and coming back to the playing field stronger is understanding where we where; what happened to us, and where we are going.

KEYS to help unnerve:

- Recognize that returning to the legal world will be different – gauge your surge capacity
- SURGE CAPACITY relates to an individual's capacity to adapt to survive a short-term, intensely stressful situation. As 2019/2020/2021 progressed your surge capacity may have been depleted.
- Examples: Isolation from working from home;
- Office space; and work
- Became less interesting/even exhausting

Key to
clear-
headed and
motivated:

Everything is Not “Back To Normal”

PTS/UNNERVING

GUILT

BALANCING ACT

YOU NEED A CLEAR FLEXIBLE PLAN



CLEAR PLAN/FLEXIBLE CHOICES CALM ANXIETY

- COMMUNICATE
- REASSURE YOUR WORK FORCE ABOUT JOB STABILITY DURING THE TRANSITION
- SHARE VERBAL AND WRITTEN APPRECIATION FOR YOUR WORKFORCE'S
- FLEXIBILITY IN ADAPTING TO SO MANY CHANGES
- MORE OPTIONS WITHIN REASON SUCH AS STAGGERED RETURN OR A HYBRID SETUP
- SPEAK DIRECTLY TO PERSON
- DE-LAP



RESOURCES

- mental and physical well-being resources that are targeted toward well-being is imperative.
- Learn what you need to replenish your drained surge capacity and empty toolbox for a POST-PANDEMIC WORKPLACE.
- Launch a well-being task force with DE-LAP.
- Use an EAP (or DE-LAP) then tailor the tools for your unique office and situation.
- Create your own surge capacity toolkit
- Don't be so hard on yourself.
- Learn to Meditate with Georgia

DON'T BE SO HARD ON YOURSELF: Let It Go!

YOU BEAT YOURSELF UP OVER MISTAKES THAT HAVE MINIMAL CONSEQUENCES

AFTER CORRECTING A MISTAKE YOU KEEP CRITIZING YOURSELF

YOUR SELF-CARE IS CONTINUALLY BUMPED OFF YOUR TO – DO LIST IN FAVOR OF OTHER PRIORITIES

WHEN SOMEONE TREATS YOU POORLY, YOU FIND A WAY TO INTERPRET IT AS YOUR FAULT

YOU ALWAYS GO THE EXTRA MILE

YOU FEEL LIKE A FAILURE EVEN THOUGH YOU MOSTLY HAVE YOUR LIFE TOGETHER

YOU SEE THE “DUMB” MISTAKES OF OTHERS AS UNDERSTANDABLE, BUT NOT YOUR OWN

TAKEN FROM PSYCHOLOGY TODAY/JULY-AUGUST 2021 P. 20

LET DE-LAP ASSIST YOU:

DE-LAP understand and offers confidential resources to help the legal professional
Navigate through bumps in the road. The navigation tools rathe from mental health support;
Resilience classes; mindfulness and meditation classes – all free.

DE-LAP provides resource information, referrals for virtual or in person assessments and counseling,
As well as a simple ear to anyone who wants to talk.

Moreover, we offer continuing education classes in partnership with the DSBA.

CALL OR E-MAIL cwaldhauser@de-lap.org or (302) 777-0124 and visit www.de-lap.org

We do together what need not be done alone

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