

CPD Training Hub

This is a free series of training activities from expert speakers that will cover the areas as below

Date	Available until 31 December 2023
Mode of Delivery	Online, On-Demand
Fee	Complimentary
CPD Hours	This is dependent on the course(s) completed
Course Code	S2312

Unlocking Wellness Together Series

Course 1: Business of Wellbeing summit 2021

The summit looks at how small, medium and large-sized firms in Ireland, can ensure authentic and integrated wellbeing in the workplace. It offers evidence on how positive workplace culture can lead to thriving employees, and, therefore, a thriving business. The summit is targeted at firms and professionals who want to hear from cutting-edge industries about why wellbeing is critical to business. It appeals to those who are open to novel ideas, self-reflection, a change of attitudes, and increased knowledge in this area.

Speakers and topics include

- Introduction: James Cahill, President, Law Society of Ireland, Partner Cahill & Cahill, Castlebar, Co Mayo and Michael Quinlan, Member of Law Society Wellbeing Steering Group, Council Member, Partner Dixon Quinlan Solicitors, Dublin
- Designing work for wellbeing: the end of work/life balance. Valarie Daunt, Human Capital Lead in Deloitte Consulting and Michael Quinlan
- How does employee wellbeing link to diversity and inclusion? Kate Fergusson, Head of Responsible Business, Pinsent Masons, Solicitors & Diversity and Inclusion Expert; Nicke Harrison, Inclusion & Wellbeing Lead, Pinsent Masons Solicitors and Michael Quinlan
- Louise O'Neill, Author and Columnist in conversation with Paul Hughes Psychodynamic Psychotherapist. Louise and Paul discuss her own experience of dealing with secondary trauma and stress and apply their experience to the environment of a law practice. Chaired by Carol Plunkett, Co-Chair, Law Society Skillnet Steering Committee
- Humanity in the workplace: Creating work cultures that encourage and support greater connection as we return to the office. Katie da Gama, Lawyer, Executive

and Leadership Coach; David Williams, Partner at LK Shields; Sara Carnegie, Director of Legal Projects, International Bar Association; Richard Martin, Director Mental Health and Wellbeing, Byrne Dean; Olwen Dawe, Political Analyst and Consultant and Carol Plunkett

CPD Hours: 2.5 hours Management & Professional Development Skills

Course 2: Coldshock

Wim Hof practitioner, Níall Ó Murchu, in conversation with Trish Howard, psychotherapist.

CPD Hours: 0.5 Hour Management & Professional Development Skills (by eLearning)

Course 3: The Wim Hof Method

Níall Ó Murchu takes you through a Wim Hof Method breathing class.

CPD Hours: 0.5 Hour Management & Professional Development Skills (by eLearning)

Course 4: Anxiety Awareness

Caroline Foran, on increasing solicitors' awareness of causes, signs and coping strategies for stress and anxiety.

CPD Hours: 1 Hour Management & Professional Development Skills (by eLearning)

Course 5: Depression Awareness

Alastair Campbell discusses with Attracta O'Regan the causes, signs and coping strategies for living with depression.

CPD Hours: 1 Hour Management & Professional Development Skills (by eLearning)

Course 6: Trauma Awareness

Dr Sharon Lambert talks to Blindboy about vicarious trauma, secondary trauma, stress, burnout and what you can do about it. This is essential trauma awareness training for all solicitors. This course incorporates the discussion first seen at the Business of Wellbeing Summit in 2020.

CPD Hours: 1 Hour Management & Professional Development Skills (by eLearning)

Course 7: Addiction Awareness

Sophie White is an engaging and talented author in conversation with Antoinette Moriarty Psychotherapist. In this talk Sophie provides a fascinating insight into living with an enduring mental health condition (Bi-Polar Disorder) and of successfully managing her drug and alcohol addiction, while parenting her young family and thriving professionally. These are complex issues that can arise in the personal and/or professional lives of our viewers and we are thankful to Sophie for her openness and her generosity in sharing her experiences with us.

CPD Hours: 1 Hour Management & Professional Development Skills (by eLearning)

Course 8 The Business of Wellbeing Summit 2022

The Business of Wellbeing Summit, recorded during the live webinar in October 2022, looks at dignity at work and how it can be applied in small, medium and large sized firms, in Ireland. It also offers evidence on how a dignity at work culture can lead to thriving employees, and, therefore, a thriving business.

CPD Hours: 2.5 Hour Management & Professional Development Skills (by eLearning)

Legal Practice Updates Series

Course 1: IMRO Article 17 of the Digital Single Market Directive, complex and challenging in equal measure

Law Society Skillnet in collaboration with Irish Music Rights Organisation (IMRO) and Law Society of Ireland presents the annual IMRO/Law Society of Ireland Copyright lecture recorded on 4 May 2022. Chairperson: James Hickey, External Director, Irish Music Rights Organisation. Speaker: Dr Mark Hyland, Law Society IMRO adjunct Professor of Intellectual Property

CPD Hours: 1 Hour General

Course 2: Legal Aspects of the Northern Ireland Protocol

Experts outline the pressing legal issues arising from the Northern Ireland Protocol. The Law Society EU & International Affairs Committee outline the background and key features of the NI Protocol along with current issues arising and the impact on trade. The strategies the UK and the EU are exploring to resolve the issues will be discussed in detail. Governance and consent, state aid and Article 16 safeguards under the Protocol are also covered. Speakers at this important briefing include: George Peretz QC (England and Wales) BL (Ireland), Monckton Chambers, London Alan McCarthy, Partner, A&L Goodbody LLP, Dublin. The webinar is chaired by Cormac Little SC, Partner, William Fry LLP, Dublin.

CPD Hours: 1 Hour General

Course 3: Mediation and Arbitration - the essentials and the virtual in Covid-19 times

Our panel discusses: the basics of mediation; the experiences of virtual mediations during lockdown; practical tips for virtual mediations; what role virtual technology might have post-Covid-19. Regarding arbitrating during Covid-19: how the work must go on; what the arbitral institutions say; if hearings are necessary; the practicalities of conducting remote arbitration hearings; the new norms going forward.

Panel Discussion: Helen Kilroy, Partner, McCann FitzGerald; Eamonn Conlon, Solicitor and Arbitrator; Brian McMullin, Solicitor and Principal, Brian J McMullin.

CPD Hours: 1 Hour General (by eLearning)

Course 4: Competition Law Enforcement in the Era of the Covid-19 Pandemic

Alan McCarthy, Partner, EU, Competition & Procurement, A&L Goodbody, Dublin discusses Covid-19 and Competition Law and Dr. Pat McCloughan, PMCA Economic Consulting, Dublin talks about 'Big Tech' and Competition Law. Introduction by Cormac Little, Partner, William Fry Solicitors, Dublin and Vice Chair of the Law Society EU & International Affairs Committee.

Panel Discussion: Cormac Little, Alan McCarthy, Dr. Pat McCloughan

CPD Hours: 1 Hour General (by eLearning)

Course 5: Effective Advocacy for Young People

Law Society Skillnet in collaboration with Oberstown Children Detention Campus presents this seminar, recorded in May 2022, on Effective Advocacy for Young People. The aim of this seminar to present research on the perspectives of young people's court experiences, to highlight how these might be overcome and to discuss how best to advocate effectively for young people in conflict with the law in a manner that protects their rights. Children who come into conflict with the law are known to have complex unmet needs often presenting with poor educational experiences, health concerns and trauma experience. These circumstances require committed advocacy on their behalf if they are to enjoy access to justice and have their rights protected. The idea for this seminar came from the young people in Oberstown Children Detention Campus who say they do not understand what is going on in court. Chairperson: His Honour Judge John O'Connor. Speakers Damien Hennon, Director, Oberstown Children Detention Campus, Gráinne Smyth, Advocacy Officer, Oberstown Children Detention Campus, Professor Ursula Kilkelly, UCC and Chairperson of the Board of Management at Oberstown Children Detention Campus, Ms Niamh Kelly, Solicitor. Michael J. Staines & Co.

CPD Hours: 1.5 Hours General (by eLearning)

IT Know-How Series

Course 1: The Paperless Lawyer

Gerard Groarke BL www.paperless-academy.com demonstrates how lawyers can go completely paperless: Receiving and dealing with digital documents and materials; Manipulating digital documents - extracting pages and building booklets; Digital notebooks - supercharging your paperless productivity; Digital resources - how to make the best use of online information; Annotating digital documents - no different to paper.

CPD hours: 0.5 Hour Management & Professional Development Skills (by eLearning)

Regulatory Matters Series

Course 1: Solicitor AML - Current Framework, Becoming Risk Aware and Top Tips

Emma-Jane Williams, AML Policy Manager, Law Society of Ireland discusses: AML-Regulated Legal Services; Business Risk Assessments; Policies, Controls and Procedures; Customer Risk Assessments; CRA Outcome à Extent of CDD; What is money laundering; The offence of money laundering; Knowledge about ML/TF Risk Factors; Knowledge about Legal Sector ML/TF Risk; Categories of Legal Sector Red Flags.

CPD Hours: 1 Regulatory Matters (accounting and AML compliance) (by eLearning)

Course 2: Section 150 Costs

Keith Walsh, Principal, Keith Walsh Solicitors, Dublin discusses: New section 150 rules; Section 150 notices; New obligations pursuant to section 152 in relation to bills of costs; FAQs regarding new Section 150; Legal practitioners' duties in relation to legal costs; Sections 149-161 of the Legal Services Regulation Act 2015 (LSRA); Legal Costs (s.150) Notice – Guidance and Precedent.

CPD Hours: 1 Hour Regulatory Matters (accounting and AML compliance) (by eLearning)

Course 3: Cyber Security

The cyber security essentials for your law firm covers: Understanding the basics of cyber crime; The most common types of cyber scams experienced by Irish law firms; Understanding the fundamentals of password security.

CPD Hours: 1.5 Regulatory Matters (by eLearning) OR 1.5 Management & Professional Development Skills (by eLearning)

Course 4: Advanced Cyber Security

This course covers: The main cyber threats to your law firm; Understanding the cyber threats relating to wireless networks, web security and sharing files, and apply cyber security best practice; Carrying out a basic cyber security audit of your law firm, and training employees in best practice and awareness of potential threats; Briefing a cyber security service provider on the requirements for your business.

CPD Hours: 1 hour Regulatory Matters (by eLearning)

Course 5: Cyber Security Update

Fergal Mawe, Solicitor, discusses the common types of attacks on law firms, the consequences of an attack, how to protect yourself and other very practical advice.

CPD Hours: 1 hour Regulatory Matters (by eLearning)

Course 6: Solicitor AML Updates

Emma-Jane Williams, AML Policy Manager, Law Society of Ireland provides updates to the course *Solicitor AML - Current Framework, Becoming Risk Aware and Top Tips*

CPD Hours: 0.5 Regulatory Matters (accounting and AML compliance) (by eLearning)

IMPORTANT

- For 2023 CPD requirement information see <https://www.lawsociety.ie/Solicitors/Practising/CPD-Scheme>
- Your attendance and time spent on this course is tracked and logged for CPD compliance purposes. Fast forwarding or skipping through the video is visible from this tracking and you will only receive CPD credit for actual time spent engaging in the course. This information will be shared with the Law Society CPD Scheme at their request.
- This course is available from date of registration to 31 December 2023. You should download any course materials you require before this date as you cannot access the course after 31 December 2023.
- View our [Privacy Statement](#)
- If you have technical or other queries, contact a member of the team on: lawsocietyskillnet@lawsociety.ie

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An Roinn Breisoideachais agus Ardoideachais,
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