



Professional Wellbeing Hub

Law Society Skillnet in collaboration with Law Society Psychological Services presents this complimentary series of training activities from expert speakers for Solicitors, Legal Executives, Law Firms and Legal Services Support Staff that covers the areas as below

Date	Available from now until 31 December 2024
Mode of Delivery	Online, on-demand
Fee	Complimentary
CPD Hours	This is dependent on the course(s) completed
Course Code	S2436

Unlocking Wellness Together Series

Course 10: Disability Awareness

This training delivered by Stephen Kelly, Managing Director of Ability Focus, recorded in December 2023, aims to educate participants around core aspects of disability and disability related issues, thus giving participants greater confidence when engaging work colleagues and service users with disabilities.

CPD hours: 1 professional development and solicitor wellbeing (by eLearning)

Course 9: The Business of Wellbeing Summit 2023

The summit, recorded during the live webinar in October 2023, focuses on building community and belonging in the legal profession. Expert speakers will explore areas including: the role of leadership in building community and creating a more human legal profession where people can feel they belong and bring their true selves to work, peer support programmes, diversity and inclusion and access to justice.

CPD hours: 2.5 professional development and solicitor wellbeing (by eLearning)

Course 8: The Business of Wellbeing Summit 2022

The 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 professional development and solicitor wellbeing (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 professional development and solicitor wellbeing (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 professional development and solicitor wellbeing (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 professional development and solicitor wellbeing (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 professional development and solicitor wellbeing (by eLearning)

Course 3: The Wim Hof Method

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

CPD hours: 1 professional development and solicitor wellbeing (by eLearning)

Course 2: Coldshock

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

CPD hours: 0.5 professional development and solicitor wellbeing (by eLearning)

Course 1: The Business of Wellbeing Summit 2021

The summit, recorded during the live webinar in September 2021, 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.

CPD hours: 2.5 professional development and solicitor wellbeing (by eLearning)

The High Impact Professional Series

Course 3: Building High Impact Habits

This third webinar of the High Impact professional Series, recording in December 2023, is delivered by Law Society Psychological Services in partnership with Law Society Skillnet. This engaging webinar will delve into habits and strategies to support high impact performance. Speakers include: Teri Kelly, Law Society Director of Representation and Member Services, Anne Marie Kennedy, BA (Hons), MSc, RYT, SIIPA, M.Ps.S., MBPsS, Aoife McNickle BL, Jason Murphy, Centrus Group Board and Chair of the Group Operating Committee.

Key conversation areas:

1. The psychology of habit formation
2. Importance of routine and healthy habits to enhance individual and team performance
3. How habits influence legal workplace culture

CPD hours: 1 professional development and solicitor wellbeing (by eLearning)

Course 2: Building High Impact Workplaces

This second webinar of the High Impact Series, recorded in September 2023, is delivered by Law Society Psychological Services in partnership with Law Society Skillnet. Speakers will discuss key organisational factors and workplace dynamics for building high impact workplaces. Speakers and panel include: Jeanne Kelly (Chair), Partner, Browne Jacobson, Michelle Ni Longáin, Partner, Byrne Wallace LLP and past Law Society President, George Artley, Bar Issues Commission Project Lawyer, International Bar Association UK, Jessica Lee, Senior Business Psychologist, Seven Psychology at Work

Key areas for discussion are:

- Workplace culture
- Understanding psychosocial risks
- Ingredients for organisational success
- Adapting to the evolving needs of the profession

CPD hours: 1 professional development and solicitor wellbeing (by eLearning)

Course 1: Can Psychological Safety Build High Impact Professionals?

Law Society Psychological Services in partnership with Law Society Professional Training present a panel discussion, recorded during a live webinar in April 2023, containing expert speakers as they discuss whether high-impact professionals are built through psychological safety. This webinar was recorded on Ibec's National Workplace Wellbeing Day and addresses the current workplace wellbeing challenges facing legal professionals. The panel also discusses how psychologically safe work environments can support dignity at work, prevent burnout, build high-impact teams and foster positive work and client relationships, as well as the key personal and professional wellbeing supports that are available throughout each stage of the legal life cycle. Speakers and panel include Katie da Gama, Coaching for Lawyers, Keelin Deasy, Law Society Psychological Services, Mary Duffy, Law Society Psychological Services, Eadine Hickey, leadership development professional and Executive Coach

CPD hours: 1 professional development and solicitor wellbeing (by eLearning)

IMPORTANT

- On receipt of payment, login details will be sent to you by a member of our team to your provided email address. If you have not received login details within 2 working days of your booking, please contact us on lawsocietyskillnet@lawsociety.ie or call a team member on 01 881 5727.
- 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. This information will be shared with the Law Society CPD Scheme at their request. This course must be completed in full to avail of the CPD hours on offer – a partially completed course will not qualify for any CPD accreditation.
- This course is available from date of registration to 31 December 2024. You should download any course materials you require before this date as you cannot access the course after 31 December 2024.
- Please see www.lawsociety.ie/Solicitors/rules-legislation/CPD-Scheme for the CPD hours required to be fulfilled in any given year
- View our [Privacy Statement](#)
- If you have technical or other queries, contact the Law Society Skillnet team on lawsocietyskillnet@lawsociety.ie

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