

STRESS MANAGEMENT FOR ATTORNEYS



Eva Wisnik
President

Eva Wisnik is the former Director of Recruitment and Training for Schulte Roth & Zabel and Cadwalader, Wickersham & Taft. After 10 years as a recruitment professional, Eva founded a training and placement firm for the legal community. Since starting her business in 1996, she has conducted more than 600 training programs for law firms nationwide, including 74 of the AmLaw 100 firms.

This workshop provides specific skills, techniques and resources that will enable participants to improve their stress management skills, employ effective time management techniques and feel in control.

During this interactive workshop participants will learn:

- ✓ Gain the tools necessary to identify and cope with stress;
- ✓ Learn steps you can take to decrease stress and increase control;
- ✓ Develop Time Management Skills for planning, prioritizing, and taking control as often as possible;
- ✓ Master brainstorming techniques for generating options and solving problems;
- ✓ Establish strategies for working with difficult and demanding people;
- ✓ Identify clues for understanding others' work styles that will transform work relationships into collaborative partnerships.

