

# How to Be Happy & Successful in Law Firms



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 AmLaw100 firms.

**There are many things we may not have control over in these uncertain times, but if we focus on the things we can control, we can achieve many of the personal and professional successes we seek. This new workshop teaches participants proven methods to proactively refocus their lives, while also improving the value they bring to their Firm.**

## **This workshop will provide your staff with:**

- ✓ Methods for focusing on their internal and external clients, and adding maximum value;
- ✓ Strategies for being Happier, despite the circumstances;
- ✓ An exercise to identify their values and goals;
- ✓ Ways to manage stress and avoid burnout;
- ✓ Specific tips for delegating and maximizing resources;
- ✓ Proven ideas for re-charging and making time to take care of themselves;
- ✓ Time Management strategies for focusing on the most important things, not just the urgent ones.

## **Attendees will also leave the program with the skills for becoming Happier, such as:**

- ✓ Managing fear;
- ✓ Being present;
- ✓ Showing gratitude;
- ✓ Establishing "negative free" zones; and
- ✓ Setting goals.

