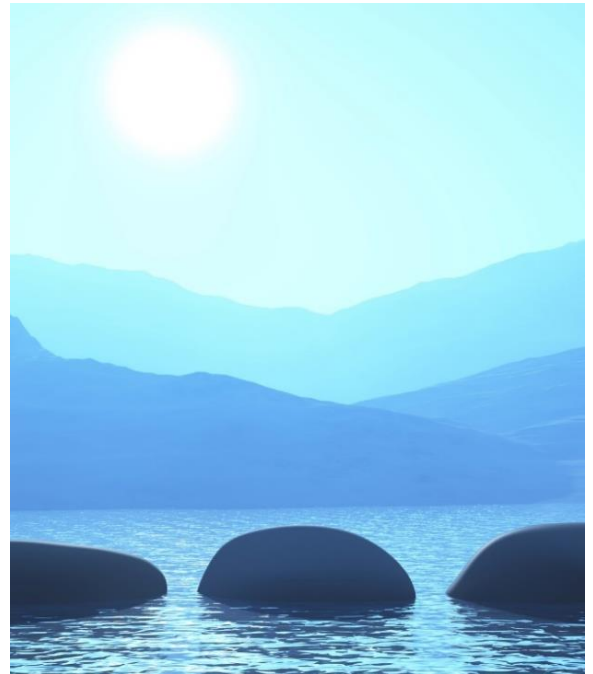


## A Stress-Resilience Workshop for Thriving While Working Remotely *For Summer Associates*

Your Summer Associates will leave this workshop with skills and habits so they can get the most important work done each day. Eva has taught Time Management to over 7,000 attorneys and will share proven tools that will enable them to minimize distractions, focus and maximize their productivity while working remotely.



This workshop will provide:

- ☞ Habits that will help them start each day off right.
- ☞ A Daily Action Plan that will help them feel more in control and less stressed.
- ☞ Rituals to maximize productivity and focus.
- ☞ A Time Management Audit that will provide them with insights into where they are losing track of time.
- ☞ Five Time Management tools that will help them focus and get the most important things done.

Eva Wisnik launched Wisnik Career Enterprises in 1996 to help law firms find and train their talent. Over the past 25 years, she has worked with more than 120 law firms including more than 80 of the AmLaw firms, where she has placed over 800 professionals and conducted more than 700 training programs, including Time Management training for more than 50 law firms. Eva holds an MBA in Marketing from Fordham University and a BA in Psychology from Barnard College. She is certified in the Myers-Briggs Type Indicator and Covey Time Management System and has completed 260 hours of Tony Robbins Coaching. Eva is currently enrolled in the Institute for Integrative Nutrition Health Coaching Certificate Program. Her goal is to share her learnings with others so they can lead the most successful and fulfilling lives possible.