

Achieving Professional & Personal Success

Many attorneys feel stressed, depleted and overwhelmed. Eva Wisnik has studied successful women's careers for over three decades. She created this program to help women attorneys develop the habits and mindset needed to lead successful and fulfilling lives.

This interactive workshop provides proven methods for identifying priorities and values, and for creating time to achieve them. She will equip participants with insights, tools and an action plan for integrating and achieving work/life priorities.



During this workshop participants will:

- Gain clarity over their work/life values after completing an exercise
- Identify goals by assessing where they currently spend time and where they ideally want to
- Develop mindset management habits to feel more in control and focused
- Learn time management tools that will enable them to create time for their top priorities, including self-care
- Master career management strategies like relationship-building to fuel their career
- Establish daily well-being practices to manage stress and re-energize
- Design an action plan to achieve work/life integration

Participants will receive a workbook with resources including time management worksheets and a work/life values assessment