

# Being resilient throughout your career

Tuesday 23 August | 12.30-1.30pm

Online

## Overview

Law is a demanding career where practitioners need resilience to be able to manage through those demands from clients, courts, colleagues and the volume of work often dealt with.

This livestream will look at the whole person as resilience is also about how home life impacts us.

The session will provide you with actions you can take to build resilience to enable you to have greater wellbeing when you are impacted by a stressful event. We will also discuss what is happening in the brain and why you need to take action.

1 CPD Point



# Program

12.20pm **Registration**

12.30pm **Being resilient throughout your career**



This session will provide you with strategies and actions to build your resilience throughout your career. It will be a good refresher for all practitioners and particularly relevant for early career lawyers.

At the completion of this session participants will:

- Understand the importance of building resilience so that they can maintain wellbeing throughout their careers
- Understand what is happening in the brain when we are stressed
- Know “thinking methods” that will help them to move forward
- Understand the relationship between growth mindset and resilience
- Learn about moving from pessimism to optimism
- Consider where they focus their attention
- Learn how to stay well and resilient
- Learn how to introduce new habits that will support their resilience.

Presenter: **Denise Marshall**, Legal Workplace & Culture Consultant, Queensland Law Society

1.30pm **Close**

## Presenter

### **Denise Marshall**

Legal Workplace &  
Culture Consultant, QLS



Denise Marshall has more than fifteen years' experience working in senior learning and organisation development roles in law firms in Australia and the UK. She has designed and facilitated a range of programs and workshops, including leadership development, performance management, on boarding, and team events, and has also designed curriculum for trainees and junior lawyers and developed capability frameworks.

Denise has presented at partnership, departmental and mental health conferences and is an accredited coach. She has been an active member of various mental health and wellbeing groups within firms and is an accredited Mental Health First Aid Instructor.

Denise supports the Wellbeing Working Group and the Equity and Diversity Committee at the Queensland Law Society.

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