

Building Time Affluence for Attorney Well-Being

Webinar

10.07.2025 | 11:45 a.m. - 1 p.m. CT

Please join us for this informative webinar on Tuesday, October 7, in which we'll explore how enhancing your relationship with time can significantly improve mental health and well-being in the legal profession. This session goes beyond traditional productivity advice to focus on cultivating "time affluence"—a sense of having enough time to focus on what truly matters.

Attendees will learn how the pressures of time scarcity contribute to stress, burnout and diminished mental health, and gain practical strategies to elevate the quality, not just the quantity, of their time. By prioritizing time affluence, attorneys can reduce stress, improve work-life integration and foster a greater sense of control, ultimately supporting their overall well-being and professional effectiveness.

CLE credit is pending in the following states: CA, CO, FL, IL, KS, MN, MO, NE & TX.

This programming is pending for Minnesota's new Mental Health CLE credit requirement. It is also pending for Florida Mental Illness, as well as Missouri and Kansas Ethics CLE.

Please [register online](#) to attend this event.