

# Thriving in Practice: Elevating Well-Being with Positive Psychology

Webinar

12.10.2024 | 11:45 a.m. - 1:00 p.m. CT

Join us for an in-depth webinar exploring the well-being and mental health landscape of the legal profession. We will cover the fundamentals of positive psychology, a science focused on fostering strengths, resilience, and overall life satisfaction, and discuss how these principles can enhance well-being in the legal profession. Using the American Bar Association's six-dimension framework for lawyer well-being, this session will provide actionable strategies to support resilience and thriving.

## KEY TAKEAWAYS

- **Gain Insight into the Well-Being Landscape:** Understand the current mental health challenges and well-being trends impacting the legal profession.
- **Learn Evidence-Based Strategies:** Identify and apply practical techniques grounded in positive psychology to enhance well-being in both work and personal life.
- **Utilize the ABA's Six-Dimension Framework:** Apply the ABA framework to foster holistic well-being across all six dimensions, enhancing resilience and thriving in your career and beyond.

[Register online](#) to attend.

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

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