



## OPTIONS FOR LAWYERS WORKGROUP

# **Battling Burnout and Compassion Fatigue: Finding a Workable Balance**

**Wednesday, March 17th, 2010 at 12:15-1:30pm**

*Are you feeling like you are accomplishing much less compared with your past performance? Do you feel tired rather than energetic? Often as busy lawyers we forget to use the preventive strategies available to us that will help us overcome burnout and compassion fatigue. Come and learn the skills and strategies that can help battle burnout.*

Options for Lawyers is a networking, education and support group for lawyers making job or career transitions and for lawyers wishing to examine their options both personally and professionally.

This group meets the **third Wednesday** of each month from 12:15PM to 1:30PM in Vancouver at the LAP office, 1080 Mainland Street, Suite 415. For further information, please call the Lawyers Assistance Program at **604-685-2171** or just drop into a meeting.

This workshop will be **facilitated by Susan Burak, R.D.H., B.A., LL.B., M.A.(cand.)** who works for the Lawyers Assistance Program. Susan practiced law, mediation, and collaborative law for 20 years, taught for various international organizations, and has successfully helped Lawyers through challenges and transitions. There is no charge for this workshop.