

# How to Cultivate Work-Life Synergy For A Solo Or Small Law Firm Practitioner

Speaker:

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Legal Sanity® Learning Programs

## What Are We Really Looking For in the Name Of Work-Life Balance?

If you ask solo and small firm lawyers to describe their work-life issues, you'll get many different responses, including:

- I love my work, but I don't have time for personal pursuits
- I don't like my work and have no time for personal pursuits
- My work life is dull and boring compared to my personal life
- My work and personal lives are both unfulfilling
- The people I deal with at work or in my personal life are draining
- My work tasks are unchallenging and depleting

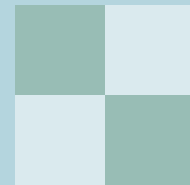
At first glance, these complaints seem quite distinct.

But, on closer inspection, we can see that they're all expressions of discontent with how practitioners are engaging and handling the lawyer experience and its three component parts:

1. **Time**
2. **Relationships**
3. **Tasks**

We feel distressed when any of these three components is deficient and depleting us. And if more than one of the triad is impaired (as is usually the case), our distress and discontent only increases.

**This workshop will help you build real skills and achieve personal and professional success by managing Time, Relationships and Tasks in your legal and personal experience.**



Time/Stress Management Luncheon

Date

May 14, 2007, Noon - 2 pm

Location

New York City Bar  
42 West 44th Street  
New York, NY 10036

Presented by

Small Law Firm Center  
&  
Lawyers' Assistance Program

of the New York City Bar

RSVP

Please register online at [www.nycbar.org](http://www.nycbar.org). The fee is \$25 for members; \$35 for non-members.

**Arnie Herz** is a dynamic and sought-after speaker who has inspired and empowered thousands of lawyers to achieve personal and professional success. Arnie brings 15 years of experience, insights and practical wisdom gained as a lawyer, mediator and business advisor to his work at Legal Sanity® Learning Programs. He is also the author of a popular blog [www.legalsanity.com](http://www.legalsanity.com)