

THE SMALL LAW FIRM CENTER PRESENTS:

NEW YORK
CITY BAR

EFFECTIVE STRESS MANAGEMENT FOR SOLOS AND SMALL FIRMS IN TODAY'S ECONOMY

SMALL LAW FIRM BREAKFAST: A FOUR PART SERIES

SPEAKER: ELIZABETH TILLIMHGHAST, M.D., J.D.

Overcoming Money Problems

To Register Click [Here](#)

Tuesday, October 7, 2008 8:30 a.m. – 10:00 a.m.

In this economy, lawyers in solo practices or small firms may find themselves struggling more financially -- so it is especially important to make the most of the business opportunities which you have. Do you have trouble billing promptly, raising rate appropriately or collecting from reluctant clients? It's time to stop avoiding issues around money. Come hear a psychiatrist and former lawyer talk about emotional impediments to making money -- and ways to solve them.

Registration by OCTOBER 1, 2008 is necessary.

Standing in Your Own Way

To Register Click [Here](#)

Tuesday, December 16, 2008 8:30 a.m. – 10:00 a.m.

For someone who is ambitious and hard-working, it can be incredibly frustrating to find yourself procrastinating on a critical case, or engaging in other self-defeating behavior. Some lawyers can't seem to stop tripping themselves up. Others are intensely uncomfortable about actively taking steps to promote themselves. In this talk, we'll look at ambition and competition -- and ways to make sure you play a winning game.

Registration by DECEMBER 10, 2008 is necessary.

When Work is Just a Grind

To Register Click [Here](#)

Tuesday, February 10, 2009 8:30 a.m. – 10:00 a.m.

Certainly clients can be extremely demanding and some partners can be too. But many lawyers are slaves as well to their own unrelenting work ethic and sense of perfectionism. If you're working all the time, you can't stop worrying about work even when you're off-duty, and you can't delegate because you can't find dependable help, it's definitely time for a change. Come hear an experienced psychiatrist, former lawyer, and (former) workaholic help you start to tackle internal factors that may be adding to your stress level and draining the fun out of life.

Registration by FEBRUARY 3, 2009 is necessary.

Why Don't You Spend More Time Doing What You Love?

To Register Click [Here](#)

Tuesday, April 21, 2009 8:30 a.m. – 10:00 a.m.

Some small firm lawyers practice in one area while secretly longing to be in another; they keep acting as if their "real life" -- the one they care about -- will begin tomorrow. Attorneys like this may work extremely hard yet not really care about the ostensible goal: growing their firm, becoming well known in their field or earning a substantial income. Other small firm practitioners may already have achieved major professional goals and now be wondering, "What next?". If you feel somehow adrift professionally, or you may want to re-set your course in life so you can make it more meaningful in a personal way, this is the talk for you.

Registration by April 14, 2009 is necessary.

The fee for each program, which includes breakfast, is \$15 for members; \$20 for non-members. Attendance is limited to 30 people.

The Association of the Bar of the City of New York.
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