

HOSTED BY DELAWARE LAWYERS ASSISTANCE PROGRAM (DE-LAP)



# BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY

DSBA WEBINAR VIA ZOOM

**A SERIES OF FOUR WORKSHOPS IN 2020 – 2021**

TUESDAY, OCTOBER 13, 2020 | TUESDAY, NOVEMBER 17, 2020

TUESDAY, JANUARY 12, 2021 | TUESDAY, FEBRUARY 16, 2021

1.0 hour CLE credit in Enhanced Ethics per session

## ABOUT THE PROGRAM

Who should attend? Everyone! Whether you have been practicing 2 years or 40 years. Lawyers and judges will learn new strategies for fitness through positive change and wellness.

DE-LAP's Behind the Cool Image: Lawyering in the 21st Century is pleased to host: "ASK WHAT MATTERS?!" a Well-Being consulting, training, and coaching company for Law Firms and the Legal Community, who will facilitate DE-LAP's monthly, free webinars on Zoom.

All Workshops are available to DSBA members for 1.0-hour CLE credit in Enhanced Ethics.  
Cost: \$50.00 per Workshop.

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## PROGRAM

### WORKSHOP TWO

TUESDAY, NOVEMBER 17, 2020

12:00 NOON - 1:00 P.M.: SPEAKERS AND DISCUSSION

#### THE BURDEN OF PROOF: LETTING GO OF UNWANTED PERFECTIONISM

Speakers: David Garten, Co-founder Ask What Matters?!

Paul Sherman, Co-founder Ask What Matters?!

Christopher J. Lhulier, Esquire, Head of Legal Programming, Ask What Matters?!

There is no question that attention to detail and producing high quality work are essential to working in the legal field. But, is your perfectionism getting the better of you? Causing you undue stress? Taking away your sense of fulfillment? Impacting your relationships at work and/or at home? In this interactive 60-minute instructor-led virtual workshop you will:

- Examine the distinction between constructive vs. destructive perfectionism
- Explore and address drivers of perfectionistic behavior
- Learn to identify when you are in the midst of an unproductive perfectionistic episode
- Apply practical tools for disrupting detrimental perfectionistic behavior once it's underway
- Discover how to prevent unproductive perfectionistic behavior from starting in the first place

### UPCOMING WORKSHOPS

TUESDAY, JANUARY 12, 2021

12:00 NOON - 1:00 P.M.

**TAKE CHARGE: NAVIGATING WORK, HOME AND OTHER COMPETING PRIORITIES**

TUESDAY, FEBRUARY 16, 2021

12:00 NOON - 1:00 P.M.

**POWER UP: PRACTICAL APPROACHES FOR ACCESSING AND MAINTAINING ENERGY AND ENGAGEMENT**

#### RATES:

**\$50.00** for DSBA Members

**\$3.00** for PA Credit

*All rates include the CLE Seminar and Material Download.*

DSB10132020 | DSB11172020 | DSB01122021 | DSB02162021

#### OUT OF STATE CLE CREDIT

Those attendees that wish to receive CLE credit, other than from Delaware or Pennsylvania, should contact their individual State's CLE Commission for credit. The Delaware State Bar Association can provide you with the Agenda (included in the Materials sent with your registration confirmation) and a Certificate of Attendance (upon completion of the webinar), which should meet the requirements of compliance.

VISIT [WWW.DSBA.ORG/CLE](http://WWW.DSBA.ORG/CLE) TO REGISTER AND FOR CLE POLICIES