

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.

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

## PROGRAM

### WORKSHOP ONE

TUESDAY, OCTOBER 13, 2020

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

#### **JUMPSTART! BUILDING THE CASE FOR YOUR PROFESSIONAL AND PERSONAL WELL-BEING!**

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?!

This program is your recommended starting point in the "Ask What Matters?!" learning series. It introduces the concept of Well-Being and provides hands-on experience with the "Ask What Matters?!" Framework for Total Well-Being. In this interactive 60-minute instructor-led virtual workshop you will:

- Determine your current level of stress and Well-Being
- Pinpoint focus areas for improving Well-Being
- Recognize and address your personal barriers to Well-Being
- Assess whether you are spending your time and energy on the things you have set as priorities
- Apply a pragmatic 5-step research-based framework to enhance Well-Being
- Identify and commit to one action to immediately improve your Well-Being

## UPCOMING WORKSHOPS

TUESDAY, NOVEMBER 17, 2020

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

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

TUESDAY, JANUARY 12, 2021

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

**TAKE CHARGE: NAVIGATING  
WORK, HOME AND OTHER COM-  
PETING 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