LexVid Services, Inc., Presents:

Resilience in the Workplace

Total: **60 Minutes**

Speakers:
Marlo Lyons

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"Resilience in the Workplace," delves into the critical importance of resilience in navigating the challenges of working as a lawyer, whether in a law firm or in-house or as a solo practitioner. This course examines how resilience serves as a powerful tool for preventing burnout and effectively managing the often-overwhelming array of competing priorities in both work and personal spheres. Drawing upon compelling statistics from the National Institutes of Health, this sessions will illuminate the profound impact of resilience on mental, emotional, and physical health as well as the capacity for stress management. From practical strategies for developing resilience to the transformative potential of incorporating resilience-building practices into workplace culture, this session provides a comprehensive roadmap for enhancing productivity, fulfillment, and overall thriving in professional environments.

All topics are mental wellness/ethics. Topics include:

- Understand the difference between resilience v. resistance.
(15 min.)

- Understand how resilience is used in stress management, work-life balance, and overall mental well-being in professional settings. (15 min.)

- Understand how to develop emotional, physical and mental resilience.
(15 min.)

- Learn practical strategies for balancing life's demands.
(15 min.)

Total: 60 minutes

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Presenters:

Marlo Lyons, a California licensed attorney, and globally certified executive, career, and team coach, has spent the past two decades providing expertise in professional and leadership development for companies and law firms alike. Drawing from her background as a lawyer and former business and HR executive in industries from insurance and entertainment to tech and MedTech, Marlo brings a multifaceted perspective in coaching executives to unlock their potential. Her extensive experience and legal background uniquely positions her to understand the intricacies of leadership challenges within the legal profession. Marlo is not only an acclaimed author and public speaker but also a sought-after expert on topics crucial to the legal profession, such as aligning career paths with personal values, combating burnout, fostering resilience, managing stress, achieving work-life balance, and prioritizing overall well-being. Through her transformative approach, Marlo equips lawyers and law firms with the tools needed to navigate the complexities of the legal landscape while thriving both personally and professionally. Marlo's website is www.marlolyonscoaching.com.

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