LexVid Services, Inc., Presents:

Aligning Your Legal Careers With Your Values

Total: **60 Minutes**

Speakers:
Marlo Lyons

Description/Table of Contents

This course explores the profound impact of values alignment on individual well-being, engagement, and organizational health within the legal profession. By establishing a clear link between personal values and overall fulfillment, this session illuminates the pivotal role that alignment plays in fostering job satisfaction and team cohesion. Through practical guidance on identifying core values and assessing alignment with one's profession, legal professionals will be empowered to proactively address sources of stress and dissatisfaction. This session will provide strategies for effectively communicating values, overcoming resistance, and creating a values-driven work environment, alongside insights gleaned from real-world situations.

All topics are mental wellness/ethics. Topics include:

- Understanding how to identify and define values to find fulfillment (15 min.)

- Learning how to proactively address stress and dissatisfaction with your environment or co-workers (15 min.)

- Learning strategies for effectively communicating values, overcoming resistance, and creating values driven work environment (15 min.)

- Understanding how to sustain a values driven work environment for individual well-being and engagement, promoting organizational health and fulfillment in legal careers (15 min.)

Total: 60 minutes

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

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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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