

# Personal Sustainability as Lawyers

Virtual

## Introduction

Whatever our PQE level, we all experience times when our energy feels depleted, times when we feel charged up and stimulated, and also times when the only word that describes our whole state is “stressed!”. What’s going on, and how can we understand our energy and so get to make more intentional choices about the energy we want for ourselves in our lives and work as lawyers?

This virtual programme comprising 4 sessions introduces insights from neuroscience and research on human consciousness and social sciences for understanding our human condition, for more effectiveness, fulfilment and balance.

Session 1	The Seven Levels of Effectiveness	11 May 2022, 4pm - 6pm
Session 2	On Stress - the Prefrontal Cortex & the Goldilocks of the Brain	08 June 2022, 4pm - 5.30pm
Session 3	How Emotions are made	29 June 2022, 4pm - 5.30pm
Session 4	The Hemispheres of the Brain – seeing the wood <i>and</i> the trees	13 July 2022, 4pm - 5.30pm

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## About The Art & Science of Wellbeing for Legal Professionals

SAL's Art & Science of Wellbeing for Legal Professionals rallies and empowers the profession to prioritise wellbeing— so that together, we can thrive and be our best selves at home, at work and for our communities.

In this series, we will be bringing the *Art* (practices and techniques) and the *Science* (studies and data) to collectively improve our state of wellbeing. From recognising and working with champions within the profession, to building a library of resources, and to organising activities and workshops – stay tuned!

In our first workshop series, we are very delighted to work with Mindful Business Singapore - a ground-up initiative by lawyers for lawyers, originally inspired by the Mindful Business Charter [www.mindfulbusinesscharter.com](http://www.mindfulbusinesscharter.com), that invites all in the legal community "to make work better - be brave". MBS' mission is to promote business and social responsibility amongst the Singapore legal community to prioritise the removal of unnecessary sources of stress and the promotion of mental health and wellbeing in the workplace.

### Speaker / Facilitator



**Ms Susan de Silva**

Susan de Silva was a practicing lawyer for more than 30 years in Singapore and England until she retired in 2018.

She is now a Life Coach. Susan was a co-founding partner of Singapore law firm Bird & Bird ATMD LLP. Susan has enjoyed building the firm's Corporate Law and Environmental Law practices, and its regional Employment Law practice. As a co-founding partner, former practice head and the firm's Managing Partner for some years, she learned about organisational and personal effectiveness, and she continues to learn.

Susan began coaching in 2015 while still in legal practice. She is a Certified Professional Coactive Coach, an Associate Certified Coach with the International Coaches Federation, a Certified NeuroTransformational Coach, and a Licensed trainer of BEabove Leadership LLC's Neuroscience and Effectiveness curriculum.

In addition to coaching, Susan speaks, writes and delivers training on creating working environments in which people can thrive. She contributes to the Law Society of Singapore's Practice Well programme. She also actively contributes to the activities of Mindful Business Singapore.

## Session 1: The Seven Levels of Effectiveness

Date: 11 May 2022

Time: 4pm - 6pm

### Synopsis

This session focuses on one of the fundamental attributes of all life – energy. Where we are energetically has implications for the way we think, feel and act and for the results we get.

In this interactive session, participants will explore a framework for greater self-awareness and self-regulation using the Seven Levels of Effectiveness as a map for understanding how our energies express themselves in the human experience, and what's going on in our brain.

Participants will have the opportunity to reflect on the different human energies and emotions they bring to their role as lawyers, and how they can better understand and manage their responses given the different influences, situations and stressors in their lives and work.

## Session 2: On Stress - the Prefrontal Cortex & the Goldilocks of the Brain

Date: 08 June 2022

Time: 4pm - 5.30pm

### Synopsis

Participants will learn about the cognitive and emotional impacts of stimulation vs stress on the way we feel, think, act and work, and how to regulate ourselves towards the “just right” place of stimulation and wellbeing.

**LIFTED**

Legal Practitioner • Intrapersonal Intelligence  
In-House Counsel

LIFTED is an industry-level framework to guide the competency development and career progression of legal professionals.

## Session 3: How Emotions are made

Date: 29 June 2022

Time: 4pm - 5.30pm

### Synopsis

Participants will learn how our brain constructs our emotions, and how we have more agency to choose our emotions than we might think, so as to impact the energy, wellbeing and effectiveness of ourselves and others in our lives and work.

## Session 4: The Hemispheres of the Brain – seeing the wood and the trees

Date: 13 July 2022

Time: 4pm - 5.30pm

### Synopsis

Participants will learn how our two hemispheres of the brain see the world, and how to integrate the systems of both hemispheres for true logic, creativity and wellbeing.

### Registration Fee (inc GST)

**Non-member**

Regular Rate

**\$96.30 / session**

**SAL Member**

After \$60.00 Member Subsidy

**\$32.10\* / session**

\*Fully-redeemable with Credit Dollar (C\$)

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### General Terms and Conditions for Events

- 1) Registration is accepted on a first-come, first-served basis, subject to availability of seats. Priority will be accorded to registrations received with payment.
- 2) Registration fees must be paid in full on at least 5 working days before the commencement of the event to ensure admission.
- 3) The Singapore Academy of Law reserves the right to refuse to register or admit any participant, and to cancel or postpone the programme.
- 4) Note: In the course of the event, photographs/videos/interviews of participants could be taken/conducted by the Singapore Academy of Law or parties appointed by the Singapore Academy of Law for the purpose of post event publicity, either in the Singapore Academy of Law's official publication/website, social media platforms or any third party's publication/website/social media platforms approved by the Singapore Academy of Law.

### Cancellation and Transferring of Registration

- 1) A administrative charge of S\$21.40 (inclusive of GST) will be levied for every cancellation with exception to Point (2).
- 2) The registration fees will remain payable in full:
  - a) if notice of cancellation is received less than 5 working days before commencement of the event; or
  - b) if a participant fails to attend the event for any reason whatsoever; or
  - c) if a participant arrives late or fails to attend any part of the event; or
  - d) for cancellation of registration for any events for which refund is expressly stated to be unavailable.
- 3) Registrations are transferable within the same organisation and same fee category. Please provide the name of the substitute to [membership@sal.org.sg](mailto:membership@sal.org.sg) at least two working days before the programme. If a non-member is nominated to attend in place of a member, the fee difference must be paid before the commencement of the event for the transfer to be valid.

For the complete Terms and Conditions, please visit: <https://www.sal.org.sg/Events/Events-Terms-Conditions>