

## Our Thinking: Events

### Related Attorneys

Debra L. Thomas

## Romanucci & Blandin Presents: How to Become a Resilient Lawyer CLE

Zoom | August 16, 2023 | 2:00-3:00pm

On Wednesday, August 16, Romanucci & Blandin will be hosting a free Zoom CLE program for Illinois attorneys. Dr. Diana Uchiyama, Executive Director at the Lawyers' Assistance Program (LAP), will be speaking on how to appropriately understand and handle challenges faced in the legal profession.

The legal profession is an inherently challenging field requiring its members to zealously fight to overcome challenges for both their clients and themselves. The intense demands of the profession combined with the high rates of substance abuse and mental health issues confirmed by recent studies make cultivating healthy skills for overcoming the challenges and stressors of our field a MUST. Participants in this program will learn what LAP is, why attorneys are a vulnerable population, how the science of resiliency is useful for attorneys, and how to cultivate resiliency to better "roll with the punches" in one's professional and personal life, especially given the current state of the world and the nation.

1 hour of General / Mental Health and Substance Abuse CLE credit is to be provided to Illinois attorneys. ARDC number must be provided to earn credit.

**Registration is required prior to the CLE.**

Space is limited. Register in advance to save your space.

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MATERIALS: Sent via email and will be available in the chat during the program for attendees