

The logo for actlaw society, with 'act' in orange, 'law' in white, and 'society' in grey, all in a sans-serif font on a dark blue rounded rectangle.

actlaw
society



2024 Intensive Conference

BRINGING THE BALANCE

13 - 14 MARCH 2024 | NOVOTEL CANBERRA

The logo for actlaw society, featuring the word 'actlaw' in orange and 'society' in grey, both in a sans-serif font, set against a dark blue rounded rectangular background.

actlaw
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Navigating Stress and Cultivating Success in Legal Practice

PRESENTED BY MALCOLM HEATH

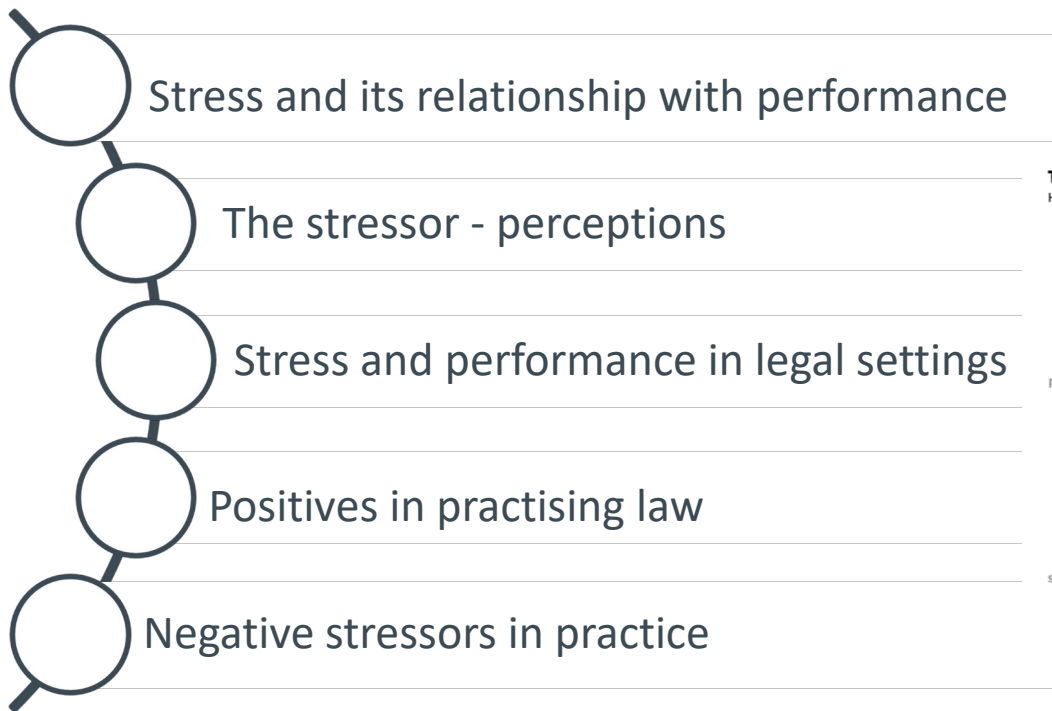
Practice Risk Manager, Lawcover



About Stress

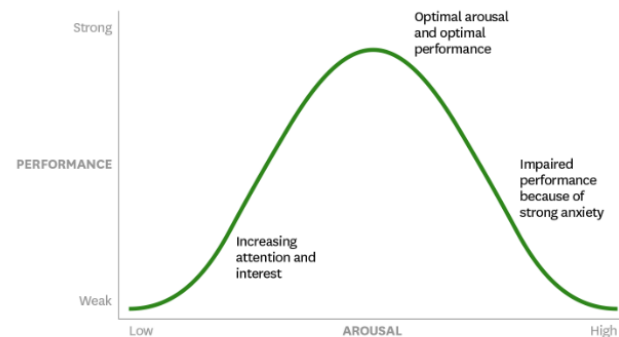
(It's very good... up to a point)

Navigating stress



The Yerkes-Dodson Law

How anxiety affects performance.

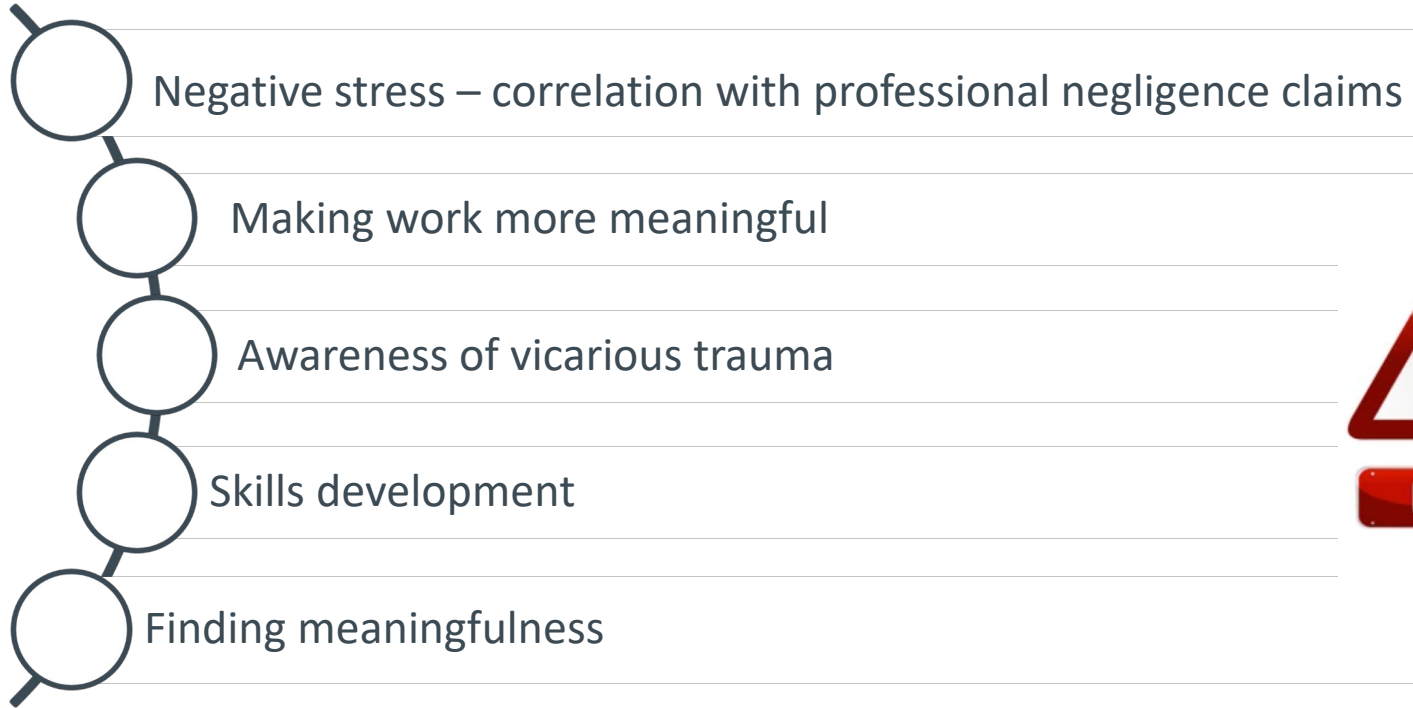


SOURCE ROBERT M. YERKES AND JOHN D. DODSON

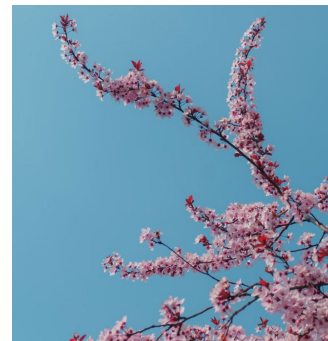
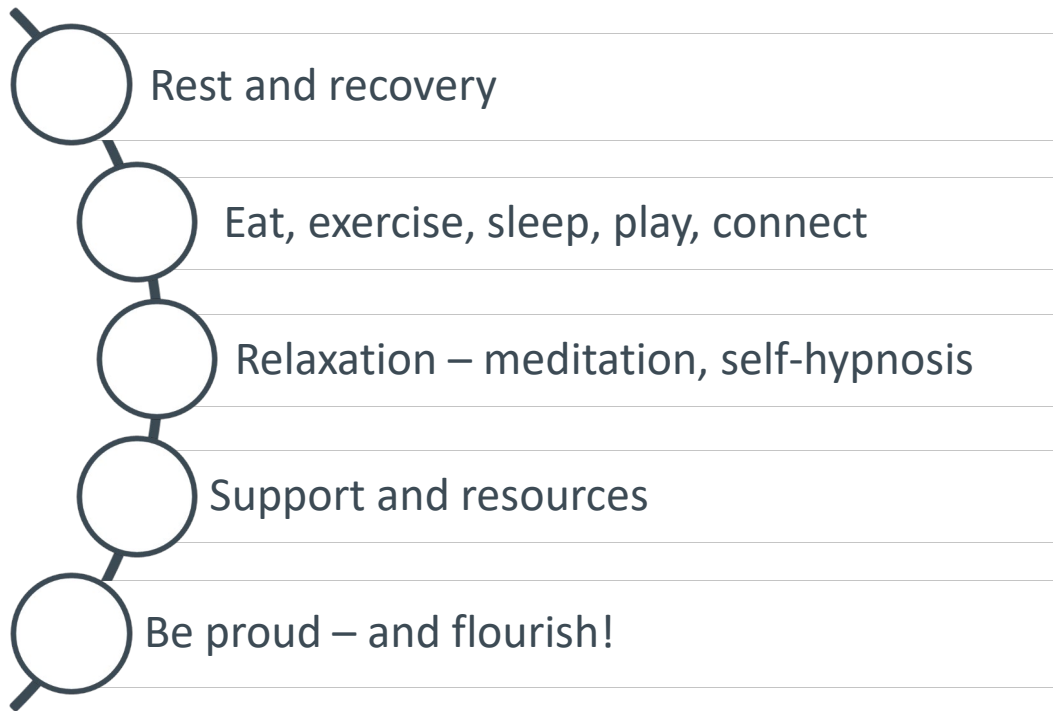
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Source: *Harvard Business Review: Are you too stressed to be productive? Or not stressed enough?*

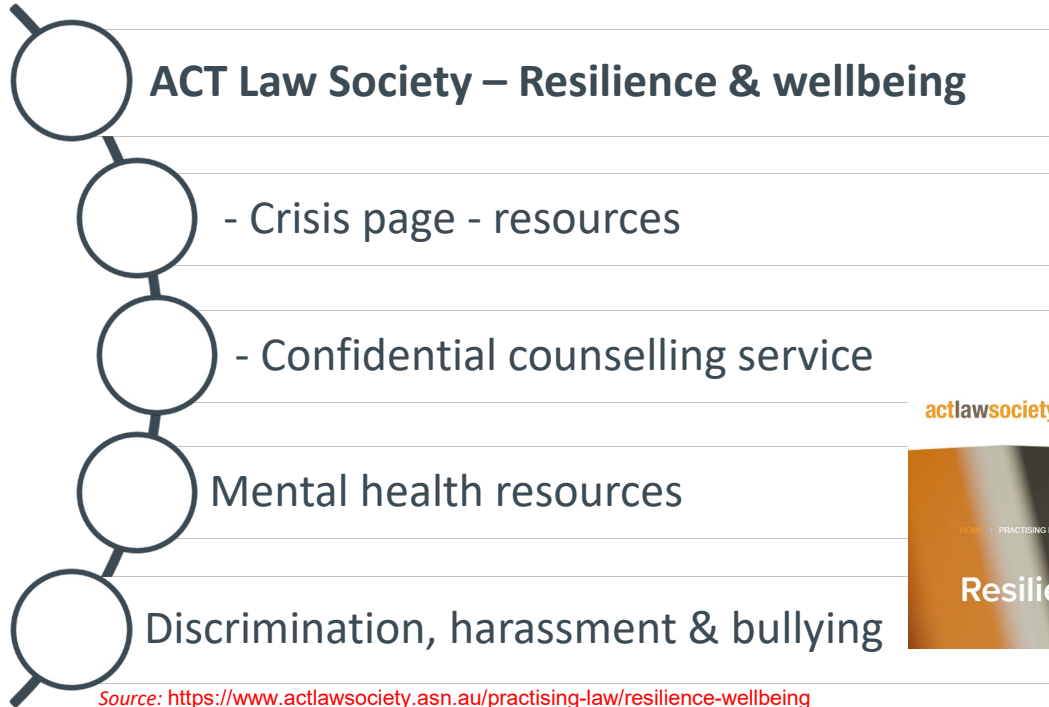
Navigating stress and cultivating success



Navigating stress and cultivating success



Navigating stress and cultivating success - Resources

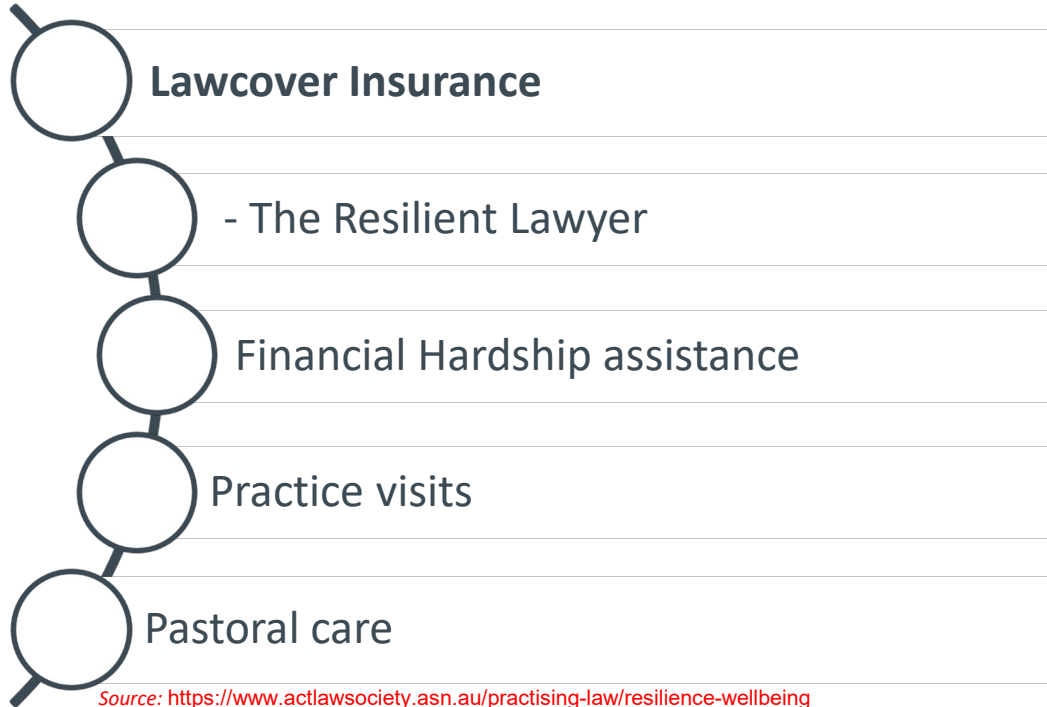


actlawsociety Training & Events Practising Law Resources For the Public Advocacy Search for:

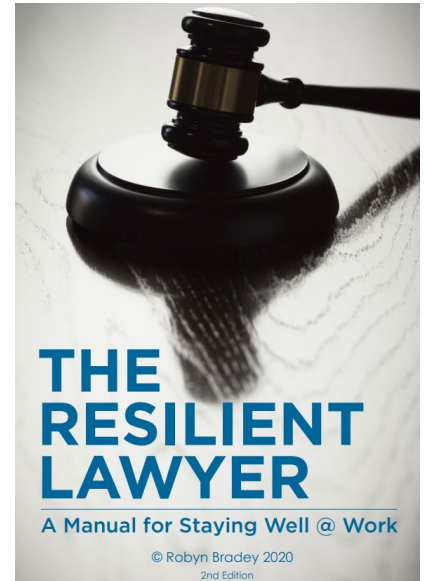


Source: <https://www.actlawsociety.asn.au/practising-law/resilience-wellbeing>

Navigating stress and cultivating success - Resources

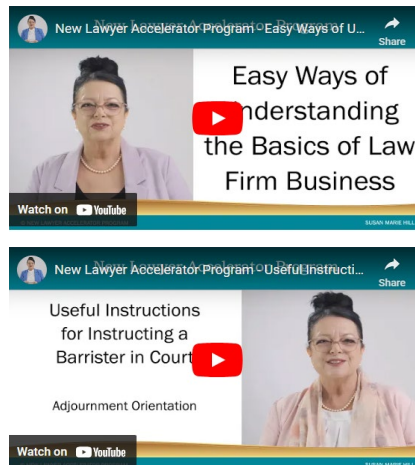


Source: <https://www.actlawsociety.asn.au/practising-law/resilience-wellbeing>



Navigating stress and cultivating success - Resources

New Lawyer Accelerator Program



Navigating Stress and Cultivating Success in Legal Practice

2024 Intensive Conference – ACT Law Society

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