

Attorney Mental Health – Identifying and Addressing the Hurdles to Productivity

Location

Cozen O'Connor | 3WTC
175 Greenwich Street, 55th Floor
New York, NY 10007

Date & Time

Start Date: 08/04/2022
Start Time: 5:30 pm
End Time: 8:30 pm EDT

Do you sometimes feel overwhelmed and don't know where to start? Are you a serial procrastinator? Do you find yourself easily distracted? All of these are signs of executive functioning deficits. Surprisingly, many high achieving attorneys suffer from ADHD and other executive functioning challenges which make it difficult to plan, prioritize, organize, and focus. The pandemic created an increased reliance on email and changed our work routines making lawyers' day-to-day tasks even more complex. Join Sarah Schlossberg and Michael Schmidt for a discussion on how to create new habits to increase productivity and balance your many professional and personal responsibilities.

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