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## PROGRAM ANNOUNCEMENT

*The Advocacy Institute Is Pleased to Present*

### **Five Habits that Build Resilience and Enhance Lawyer Well-being**

March 24, 2023  
11:00 a.m. – 12:00 p.m.

## WEBINAR

### ***Program Summary***

Successful leaders share well-being habits that help them inspire, motivate, and mentor in the workplace, no matter what the profession. With news reports, online articles, group discussions and best-selling books full of advice about achieving well-being, the list of recommendations can be long and intimidating. In this presentation, Noreen Braman will focus on five important habits needed in our well-being “toolkit” to help build resilience for those times when stress can be overwhelming. She will also discuss the differences between wellness and well-being (and how that relates to both physical and mental health) and introduce attendees to the important reports about lawyer well-being issued by the American Bar Association, in collaboration with the Committee on Lawyer Assistance Programs. The program will include a discussion of mindfulness – Are you mindful, mindless, or is your mind full? Gratitude – Your brain on being thankful. Purpose – Your personal “mission in life”. Happiness – What is it, and why is everyone talking about it? And laughter – a human survival skill since before humans had language.

### ***Eligibility***

This program is open to attorneys in the Department of Law and Public Safety and county prosecutors’ offices.

### ***Faculty***

**Noreen Braman** is the Communications Manager for the New Jersey Lawyers Assistance Program. She is a strategic communications professional and the author of “Treading Water,” a collection of her humor columns and essays. Ms. Braman is a member of the Association for Applied and Therapeutic Humor (AATH) and currently working on her Certified Humor Professional certification, a practitioner of Laughter Yoga and a teacher of Laughter Wellness. She

provides employers with innovative solutions for a happier, healthier, more connected workplace. Ms. Braman has presented workshops on Lawyer Well-Being, Writing Your Own Mission Statement, and Reinvention after 50. She has taught “Laughter for the Health of It” to a wide range of groups, including lawyers, professional mediators, technology employees, dentists, banking professionals, caregivers, cancer survivors, and senior citizens. She also teaches Laughter Wellness at the Osher Lifelong Learning Institute of Rutgers University.

### ***CLE Credit***

**NJ CLE Credit:** This program has been approved by the Board on Continuing Legal Education of the Supreme Court of New Jersey for 1.2 hours of Alternative Verifiable Learning Format (AVF) total CLE credit. Of these, 1.2 qualify as hours of credit for ethics/professionalism.

### ***Registration***

Those who are eligible to apply should use the Zoom Webinar registration link in the Program Announcement email. Students who are registered will receive a confirmation email with a link to access the program.

**Students must download Zoom before the webinar in order for the AGAI to record polling responses that are required for attendance verification and CLE credit.**

The AGAI will be unable to verify attendance or grant CLE credit to students who have not downloaded Zoom before the webinar.