

# High performance lawyers – how to thrive, and not just survive

Thursday, 11 February 2021 at 09:00 am

JUNIOR  
LONDON  
SOLICITORS  
LITIGATION  
ASSOCIATION

JLSLA

www.lsla.co.uk

The Junior LSLA is thrilled to have secured this esteemed panel to discuss the wellbeing and mental health of the legal profession, and how to build a profession that thrives not just survives – with high performance lawyers.

Kindly hosted by Penningtons Manches Cooper LLP via Zoom, our panellists will provide insight on the wellbeing of the profession and what is being done to address poor mental health by private practice, the judiciary, The Law Society and others. The panel will be moderated by the podcaster, author and founder of 'Happy Lawyer Happy Life', Clarissa Rayward. Lucky door prizes will also be available to be won by some of our lucky attendees.

We hope you can join us for what will be an insightful discussion on this important topic, particularly during these challenging times.

*"You will experience considerable pressure to conform to cultures of the firm, the set of chambers, the government department, and the faculty. This collective embrace is appropriate in so far as it educates, encourages and helps maintain proper professional standards. But never forget that as individuals you have the opportunity to project your values and your ideals into your chosen calling. Conversely, your personal wellbeing and the integrity of your life and belief system are vital to your ability to function as a legal practitioner.*

***You are a person first and a lawyer second."***

*The Hon. Justice Keith Mason, AC QC  
Former President, Court of Appeal of New South Wales (Australia)*

## **Moderator**

Clarissa Rayward Director, Brisbane Family Law Centre & Podcaster / Author / Speaker, Happy Lawyer Happy Life

## **Panellists**

Elizabeth Rimmer CEO, LawCare

Ed Crosse Partner, Simmons & Simmons, and Former President and current Committee Member of the London Solicitors Litigation Association (LSLA)

Elizabeth Mason Associate, Reed Smith LLP & Committee Member of the Junior London Solicitors Litigation Association (JLSLA)

**Venue** Zoom via Penningtons Manches Cooper LLP

**Time** 9:00am to 10:00am

## **Ticket Application**

Please register for a free ticket via this link:

[https://penningtonslaw.zoom.us/webinar/register/WN\\_0MBK\\_L5wSFOiqepbZCAF1A](https://penningtonslaw.zoom.us/webinar/register/WN_0MBK_L5wSFOiqepbZCAF1A)

Attendance is not limited to JLSLA / LSLA members.