

Congreso virtual

[30oct - 3nov]

2023

EL ESTRÉS EN LA ABOGACÍA

BIENESTARHub



Cultura Empresarial

**International
Stress
Awareness
Week**

30 Oct - 3 Nov

2023



**BEYOND STRESS MANAGEMENT:
FROM STIGMA TO SOLUTIONS**

FROM STRESS IN THE LEGAL PROFESSION TO #jurisbalance

Redefining Health, Productivity and Success in the Legal World

FREE REGISTRATION

Do you face constant exhaustion and stress in the legal world?

Join JURISBALANCE, a virtual evolutionary event that promotes reflection and establishes a basis for developing strategies, interventions and initiatives around mental well-being in the legal profession within the framework of the International Stress Awareness Week organized by ISMA-UK (25th edition).

JURISBALANCE is a unique week [30 Oct – 3 Nov '23] of live conferences and workshops, where leading wellness and advocacy experts will share

their knowledge and strategies to overcome stress and maximize success.

Despite the growing awareness, it is important for firms and individual lawyers to take action by responding effectively to issues affecting their mental well-being.

Purpose

- RAISE awareness among lawyers and those responsible for law firms about the **impact that stress** causes on the health, productivity and performance of professionals.
- PROMOTE **well-being** among lawyers and provide practical tools to reduce stress in the legal profession.

Fundamentals

- Culture and values in law firms: Evolve organizational cultures to generate a healthy context that facilitates productivity and well-being.
- Training: Anticipation and preparation for the practice of law. Train lawyers in coping skills with the consequences of professional practice: Sportsmanship and resilience, teamwork, planning and organization, conflict management, assertiveness and empathy, communication, stress management, time management and prioritization, failure management, healthy habits and wheel of life.
- Methodology and tools for the efficiency and effectiveness of professional practice: Select from the market the best tools and methodologies of total quality that generate efficiency in the intellectual work of the legal profession.

Presentations and Workshops

1

Mon 30 Oct

PRESENTATION 09:30 AM

JURISBALANCE CHALLENGE

Alfredo Carreras

2

Mon 30 Oct

WORKSHOP 10:00 AM

Intrategia, what is it?. Stress and resilient personality.

Javier Gay de Liébana

3

Mon 30 Oct

PRESENTATION 04:30 PM

The intelligence that law lacks

Cristina Jaramillo

4

Mon 30 Oct

WORKSHOP 05:00 PM

Stress, brain and decision making: How does the brain work when it feels threatened?

Beatriz Fagundo

5

Tues 31 Oct

PRESENTATION 09:30 AM

Digital disconnection: a right or an obligation?

Mabel Cueto de la Cruz

6

Tues 31 Oct

WORKSHOP 10:00 AM

Building the new Legal Profession

Rocky Dawn / Alexandra Sin

7

Tues 31 Oct

PRESENTATION 04:30 PM

Excellence vs unhealthy self-demand

Esther Verona-Martínez / Laura Ferrándiz

8

Tues 31 Oct

WORKSHOP 05:00 PM

I don't have time

Cristina Jaramillo

9

Wed 1 Nov

TABLE 09:30 AM

Round Table: Resilience Training for lawyers: Thriving Amidst Stressors

Bernhard Schieber / Carole Spiers / Carolina Caparrós / Charlotte Turnbull

10

Wed 1 Nov

WORKSHOP 10:30 AM

Covert stress and mindset in the legal profession Koro Cantabrana

11

Wed 1 Nov

PRESENTATION 04:30 PM

Artificial Intelligence, Mental Health and Science: towards a new paradigm in the XXI century

Raul Alelu-Paz

12

Wed 1 Nov

PRESENTATION 05:00 PM

Empowering Teamwork to Relieve Stress for Lawyers

Anna M. Sells / Carlos Cenalmor / Carolina Caparrós

13

Thu 2 Nov

PRESENTATION 09:30 AM

ICAM Integral Wellness

Alicia Simón / Mariola Quesada

14

Thu 2 Nov

WORKSHOP 10:30 AM

Burnout: Reborn from the Ashes

Bernhard Schieber

15

Thu 2 Nov

PRESENTATION 04:30 PM

Self-knowledge and personal development as a means to achieve a vital meaning.

Francisco Faba

16

Thu 2 Nov

WORKSHOP 05:00 PM

Mindfulness Capsule: I observe, think and then do

Esther Verona-Martínez / Laura Ferrándiz

17

Fri 3 Nov

PRESENTATION 09:30 AM

Strengthening Cyber Intelligence

Dani Cruzado

18

Fri 3 Nov

WORKSHOP VI 10:00 AM

Financial education for your peace of mind

Joshua Rivera

19

Fri 3 Nov

PRESENTATION 04:30 PM

Your emotional heritage. Discover the Key to Freedom from Suffering: Self-Knowledge and Acceptance

Laura Cebrián

20

Fri 3 Nov

CLOSING 05:00 PM

Closing session

Anna M. Sells / Carolina Caparró

JOIN our unique week of live lectures and workshops, where leading wellness and advocacy experts will share their knowledge and strategies to overcome stress and maximize your success.

LEARN how to effectively manage stress, improve your mental health, and find balance in your professional and personal life.