

Teaming Up Against Burnout

ACC San Diego

Webinar

05.19.2021

Wednesday, May 19, 2021

12:00 p.m. - 1:00 p.m.

Complimentary Program via Webinar

[Click here to register.](#)

Webinar details will be sent upon registration.

The first 40 in-house counsel to sign up for and attend the program will receive a free ebook copy of Paula Davis's book: "Beating Burnout at Work: Why Teams Hold the Secret to Well-Being and Resilience"

Burnout has become one of the most talked about workplace topics, and its impact is far-reaching. The 24/7 pace of work, constant demands, and too few resources can easily put lawyers and legal professionals on a path to burnout, a cycle that has only accelerated during the COVID-19 pandemic. Burnout affects the health and well-being of the entire organization, yet most attempts to help focus on quick-fix strategies aimed at individuals. Something is missing. In this program, Paula will focus on a holistic approach to burnout prevention, providing actionable strategies for individuals, leaders, and teams.

Speakers:

- **Elizabeth Balfour**, *Partner*, Sheppard Mullin
- **Paula Davis**, *Founder*, Stress & Resilience Institute

This program was prepared by Sheppard Mullin in partnership with the Association of Corporate Counsel, San Diego Chapter (ACC).

Questions? Please contact Belinda Ashong via email.

Attorneys

Elizabeth S. Balfour