

LawCare.

24hr confidential information and appointments
1800 177 743 | qls.com.au/lawcare

LawCare is a QLS member benefit that provides confidential, personal and professional support. It is easy to access, complimentary and available to all Society members, their staff, and their immediate family members.

Mental Health Education & Awareness

Leading Wellbeing Training

Queensland Law Society in collaboration with the Centre for Corporate Health have developed the workshop, Leading Wellbeing in the Legal Profession.

The workshop, designed specifically for supervisors in the legal profession, addresses the statistic that 60% of employees' wellbeing at work is predicted by the quality of their relationship with their direct manager. The aim of the session is to improve awareness and skills of supervisors to promote wellbeing and resilience in the workplace, reducing mental health issues in the legal profession.

To date, QLS has rolled the workshop out in Toowoomba, Bundaberg, Brisbane and Port Douglas, and it is also incorporated in the QLS Practice Management Course.

The interactive workshop covers:

- the current state of wellbeing in the legal profession
- why the legal profession is particularly susceptible to mental health issues
- the critical role supervisors play in the wellbeing of individuals and teams
- a workplace framework to support a mentally healthy team
- tools to proactively support an employee who is struggling with a mental health concern

By attending either a one or two-hour workshop, attendees are eligible to obtain CPD points.

To have this training delivered **in-house** to your employees please contact

 qlslpd@qls.com.au  07 3842 5898



Online Wellbeing and Resilience Resources

QLS continues to take an active role in promoting wellbeing and resilience within the legal profession and provides resources specifically tailored to the profession via qls.com.au/wellbeing.

