HAPPINESS 101*
A WINTER BLUES MOOD BOOSTER WORKSHOP
Friday, Jan. 23rd, Noon-1pm
Abbott Hall, Suite 500
BYO Lunch and learn how to overcome the winter blues
Learn about relationship between happiness and performance

MINDFULNESS
INTRODUCTION TO MINDFULNESS WORKSHOP:
Friday, Jan. 30th at Noon in RB 175
DROP-IN MEDITATION: every Thursday at Noon in LM 308

LAW SCHOOL WELLNESS AND PERFORMANCE ENHANCEMENT PROGRAMS - SPRING 2015

PERFORMING NOT PROCRASTINATING*
Monday, Feb.9th, Noon-1pm
Abbott Hall, Suite 500
BYO Lunch and learn about what procrastination is and effective ways to put off procrastinating

EMOTIONALLY INTELLIGENT LAWYER WORKSHOP
Wednesday, Feb. 25 at noon
RB 150
Are you interested in learning about what firms are doing for leadership and workforce development? Attend this workshop to get a head start on developing the essential leadership and personal effectiveness skills.
Sponsored by the law firm Dinsmore & Shohl

STRESS BUSTERS*
2-Part Workshop Series
Mondays, Feb. 23rd & Mar. 2nd 5pm-6:30pm
Abbott Hall, Suite 500

WELLNESS DAY
April 15th
Wellness Panel
NOON in RB 150
Tabling in Atrium
Yoga in the Courtroom
10am in Parillo Court Room

* Drinks and snacks provided
For more information, contact Rob Durr at RDurr@law.northwestern.edu

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