



Who can join:

Advocates, Lawyers
and all other Legal
Professionals and
Students

Duration:

2 Days

To Book, Visit:

[www.pragyaanioe.org/
stress-management-
for-legal-profess](http://www.pragyaanioe.org/stress-management-for-legal-profess)

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STRESS MANAGEMENT

FOR LEGAL
PROFESSIONALS




TESTIMONIAL

The workshop held on "Stress Management For Legal Professionals" was absolutely brilliant and I would say it was one of the best presentations we ever had. It was informative and extremely interesting and definitely engaged everyone who attended. I think we all have taken some thing positive with us. Thanks to Pragyaaan

-Adv. Arvind

What Will You Get:



Exercise
Instant Relaxation
Meditations
Manage time for family
Understanding SWOT
Instant Rapport with Patient
Balloon Technique to
release stress
Time for regular self
updating
Setting Goals
Healthy eating and sleeping
habit installation

Legal system has the largest backlog of pending cases. It directly increases mental pressure on judges and lawyers to bridge gap between society, police and government.

According to some research papers, legal professionals have 3 times higher stress level than any other employee and entrepreneur. After attending this 2 days workshop you will enjoy your job.