

Mental Health Month Workshop Series

May is National Mental Health Awareness Month and AwareHealth is offering this workshop series to support both employees and leadership in the legal industry. Our goal for the month of May is to bring relevant tools and conversations about mental health and performance to as many legal professionals as possible.

Our workshops have benefited over 700 legal professionals across 17 Am200 law firms in 2020, educating attendees on caring for their mental health and supporting colleagues. Our presenters are engaging and experienced in the legal field, often former lawyers who have transitioned to clinical care and coaching.

Off limits: Talking about mental health when you need support

Date: 05/06/2021

Time: 2:00-2:45 pm EST

Mariette Clardy-Davis MA, JD is the founder of M.L. Clardy Law, LLC. She provides legal counsel in the field of behavioral health, wellness and alternative healthcare. This workshop will discuss the issue of mental health stigma in the legal field, developing emotional awareness and how to ask for support when needed.



Returning to work: Preparing for change and navigating obstacles

Date: 05/13/2021

Time: 2:00-2:45 pm EST

Elise Holtzman, JD, PCC is a former practicing attorney, certified executive coach, and the founder of The Lawyer's Edge. This workshop will discuss both concerns and opportunities in returning to work, as well as tools to help you prepare for changes in the workplace that may cause stress.



Leadership Event

Leading with empathy: Impact of mental health on performance

Date: 05/21/2021

Time: 10:00-10:45 am EST

The AwareHealth team will provide a special leadership training on the impact of mental health on productivity and culture. We will discuss ways to create workplace environments that support the well-being of legal professionals and empowers them to do their best work. Attention will be paid to leading with emotional intelligence and solutions with high return on investment.

Expected outcomes

Through the AwareHealth Mental Health Month Workshop series attendees have the opportunity to experience legal focused well-being experts and engaging discussions. Workshop attendees will come away feeling better equipped in taking care of their own mental health, supporting others and creating positive work environments at their firms. The special leadership session will provide the firm leadership ways to create workplace environments that positively influence both mental health and performance.



The positive workplace: Your role in creating healthy cultures

Date: 05/20/2021

Time: 2:00-2:45 pm EST

Wilfred Krenn, MA, LPC is a licensed therapist and co-founder of AwareHealth. This workshop will discuss the essential characteristics of a positive workplace and the roles of leadership and employees in creating a healthy corporate culture.



Developing healthy coping habits in times of stress

Date: 05/27/2021

Time: 2:00-2:45 pm EST

Chelsy Castro, JD, MA, LCSW is CEO and Founder of Castro Jacobs Psychotherapy and Consulting (CJPC), a firm specializing in lawyer well-being. This workshop will discuss negative coping habits such as substance use and eating disorders, their impact on mental health, and strategies for developing healthy coping mechanisms.



About AwareHealth

AwareHealth is a community-based digital health platform specifically designed for legal professionals. The AwareHealth app provides a secure and structured experience where users can work on improving their mental health and performance with others and find the support they need. Users engage through bite-sized exercises, group coaching, and workshops created to address the specific needs and experiences of the legal field. AwareHealth is anonymous to ensure a feeling of safety and data privacy.