

Firm Events | December 20, 2022 | 8:30 AM - 9:30 AM ET

Legal Stress Reduction CLE

Hybrid Event

Tuesday, December 20 • 1:30 – 2:30 p.m. ET

Virtual and In Person at Philadelphia Conference Center VC Room at the Philadelphia Office

Please join Joe Mitchell for this hour-long workshop geared towards managing legal stress, overwhelm, and anxiety. This presentation will help lawyers take greater responsibility for their stress and teach them practical self-help techniques, including Breathwork and EFT tapping, that help diffuse stress and increase energy!

To register, please visit the LMS or email CLEManagement@troutman.com.