

# We Are Here: Uncertainty

---







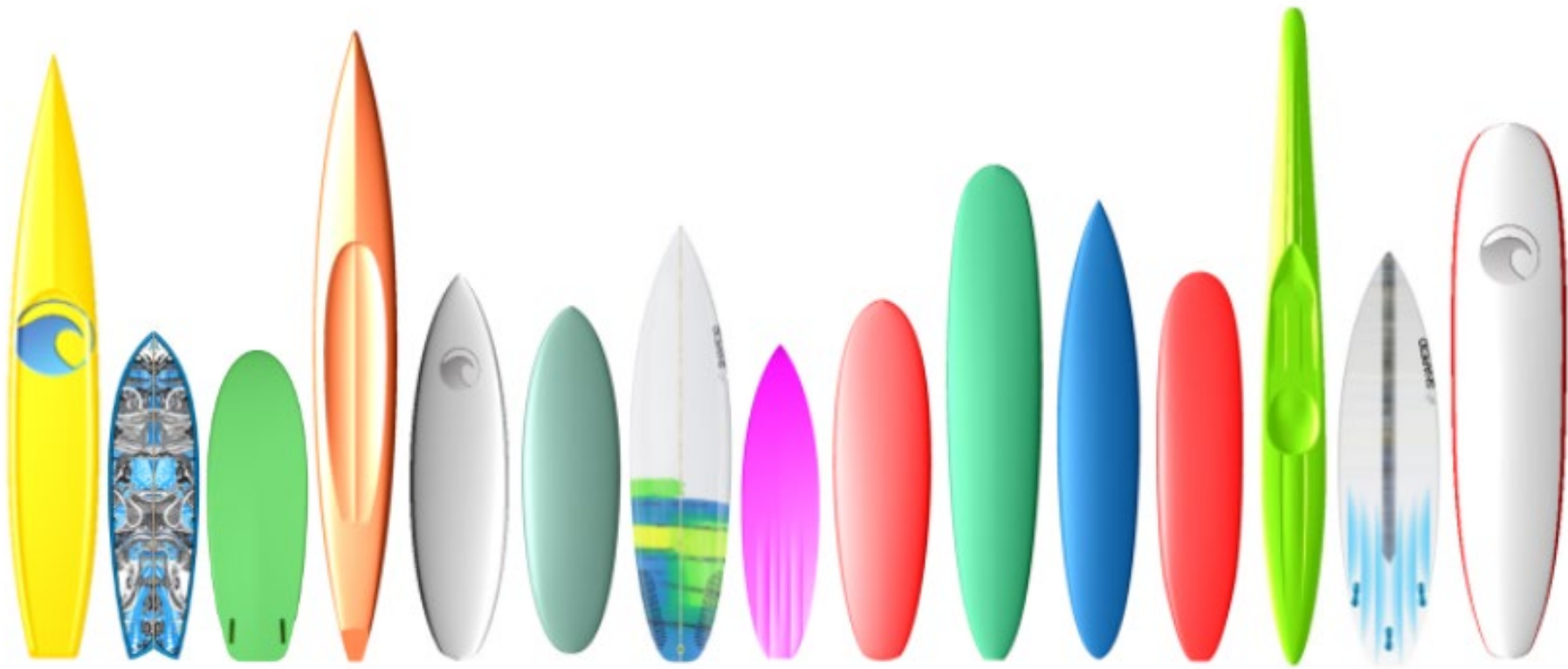
# Design your board

- Managing Your Work Life
- Managing Your Practice
- Managing Your Self



# Get coached!

- Have pen and paper in hand
- One section for ideas
- One section for action to take



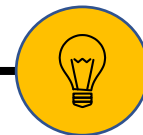
# Managing Work Life

*Productivity BS – that's what  
it is all about*



# Must have BS

- Your second brain system
- Weekly meeting with self
- Bookend the day – with your BS ritual
- R.A.D.



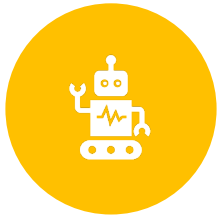
# Tips and tricks for reducing distractions...



**Eliminate  
notifications**



**Eliminate external  
distractions**

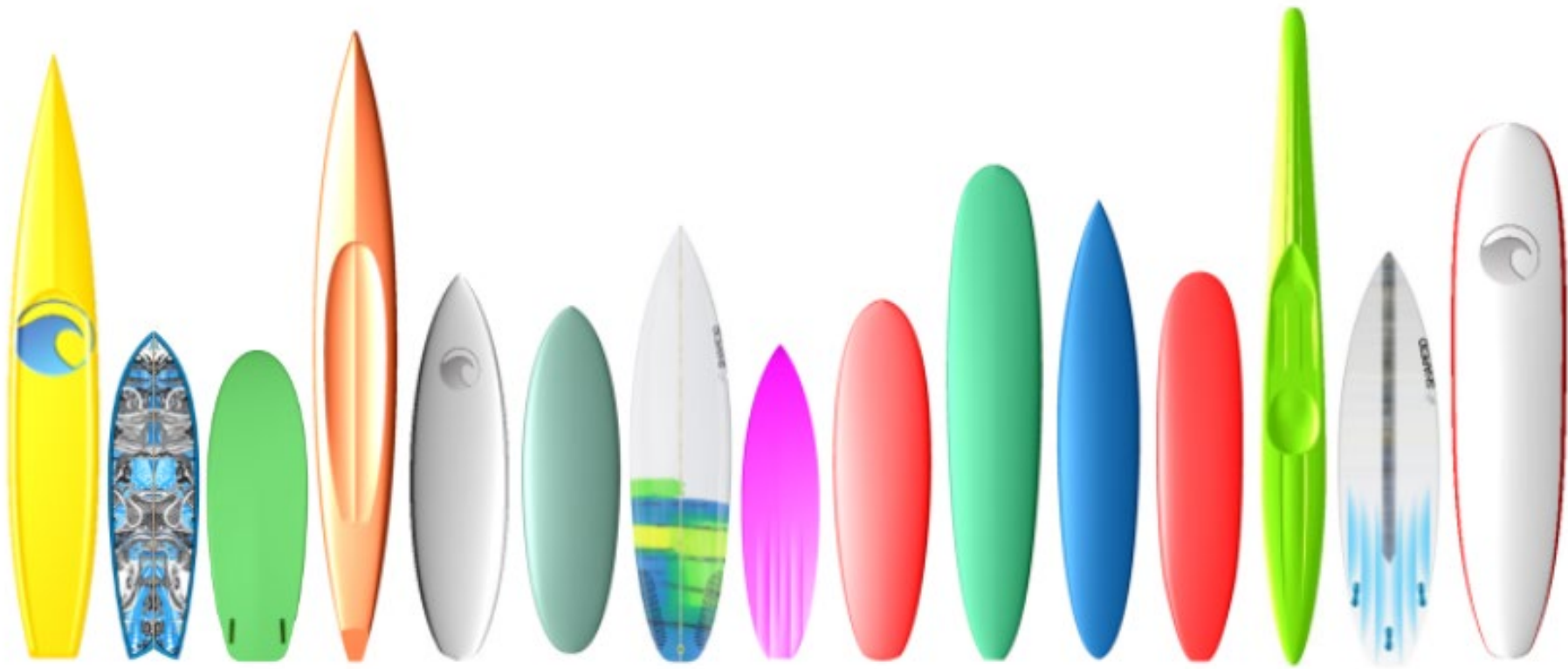


**Surf the urge**



**Focus on small  
steps**





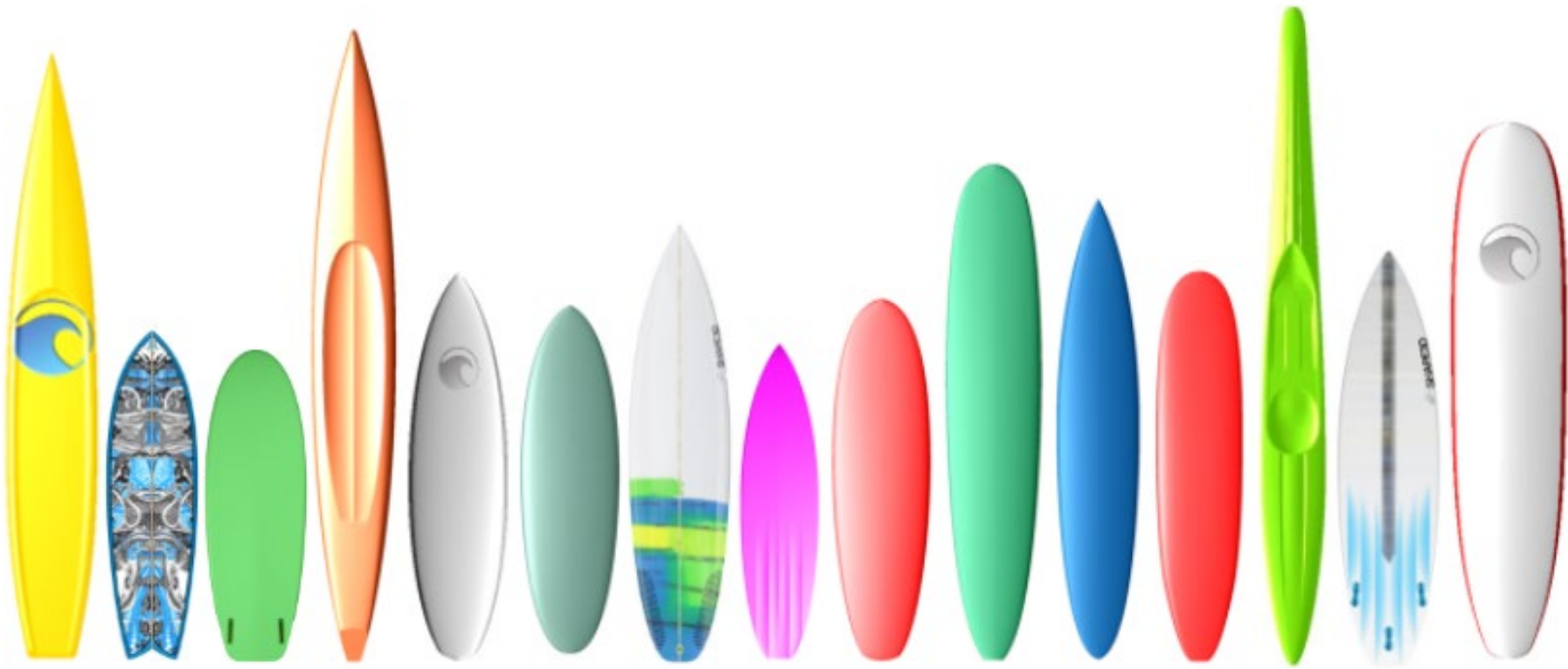
# Managing Practice



- Positive virtual connections with colleagues and other members of the bar
- Check ins with clients
- Client file audits
- Bringing value to clients, being a trusted advisor
- Setting boundaries with colleagues and with clients

- Billing clients and other practice challenges during COVID
- Resources: (A) Financial (B) Practical (C) Health
- <https://www.lawsociety.bc.ca/about-us/covid-19-response/>
- CBABC 'News and Jobs' Newsletter





# Managing Self

# Managing Self



- **C** Choice
- **R** Routine
- **E** Expectations
- **S** Self-Care
- **T** Takeaway





## Your Coaches

- Linda Parsons: [linda@lindaparsonsconsulting.com](mailto:linda@lindaparsonsconsulting.com)
- Paula Price: [pprice@uplevellawyercoaching.com](mailto:pprice@uplevellawyercoaching.com)
- Allison Wolf: [allison@shiftworks.ca](mailto:allison@shiftworks.ca)