

Becoming more COVID-19 resilient

AVAILABLE FROM MONDAY, 27 APRIL 2020
12:00

This one hour session, presented by Professor Hugh Koch will cover the following:

- Brief history of COVID-19 and it's psychological impact
- Effects on lawyer wellbeing and resilience
- Stressors during social isolation
- Moving forward: what is personal resilience?
- How does PR plan apply to you now? A model of active steps using thinking and social connecting:
 - Thinking and positivity at home
 - Feeling relaxed at home
 - Showing compassion and gratitude at home
 - Being organised and focused
 - Communicating well at home
 - Enjoying working from home
- Working with clients remotely
- Obtaining reliable medical reports
- Putting it all together: the Samurai swordsman!
- Useful references

Plus the chance to win a copy of one of Hugh's publications!

Technical requirements

You will need access to the internet on your PC, plus audio speakers. If you do not have access to speakers you will be able to receive audio via a phone line. Further information on how to log on to the webinar will be sent via email a week before the event.



Speaker - Professor Hugh Koch

Professor Hugh Koch is a clinical psychologist and visiting Professor in Law and Psychology at Birmingham City University. He runs a large and unique medico-legal firm in Cheltenham which offers psychological reporting in 105 towns and cities throughout the uk via its 50 experts.

He is an expert on Personal and Organisational Resilience and has lectured on this and related topics around the world.

For more information see:

Www.cv.hughkoch.com

Www.hughkochassociates.co.uk