

[Webinar] The Art of Self- Management: Stress, Burnout and Performance in Legal Work



6 July 2022, Wednesday
2.30pm – 5.00pm



*This programme is conducted as a live
webinar.*



No. of Public
CPD Points:
2.5

Practice Area:
**Professional
Skills**

Training Level:
General

About the Programme

This webinar will provide a hands-on opportunity for legal professionals to better understand and practice self-regulation and management, especially in an era where the boundaries between work and home have been blurred. Learn how to identify signs of stress and burnout relevant to your experience, and effectively manage these symptoms for better performance.

Learning Objectives:

- i. Learn strategies to cope with stress;
- ii. Increase awareness to one's own mental health;
- iii. Manage work-life balance.

Programme Outline

Time	Programme
2.00pm – 2.30pm	Registrants to log on
2.30pm – 5.00pm	The Art of Self-Management: Stress, Burnout and Performance in Legal Work Philip Ang – Consultant Psychologist, Promises Healthcare
5.00pm	End

Speaker's Profile



Philip Ang – Consultant Psychologist, Promises Healthcare

Philip Ang is a consultant psychologist who has been in the helping profession since the mid-90s. For over two decades, he has coached, trained and counselled premarital couples, parents of young children, adolescents with emotional regulation issues, and adults with other life challenging issues.

While Philip uses solution-oriented and cognitive behavioural approaches to help others deal with their issues, he also believes in encouraging and guiding his clients towards a purposeful life.

Philip Ang's Bachelor of Social Science in Applied Psychology is from the Western Sydney University. Philip then went on to earn his Master of Science in Psychology from California Southern University, and has bolstered his credentials as a certified Clinical Hypnotherapist, certified Autogenic Training Practitioner, and a certified Tobacco Cessation Specialist.

Registration Fees

Membership Category	Fees (Inclusive of 7% GST and course materials)
Law Society Member / Employee from small law firm (i.e. 5 or less lawyers)	\$86.67
Law Society Member / Employee from mid or large law firm (i.e. 6 or more lawyers)	\$96.30
SCCA Member	\$144.00
Non-Member	\$160.00

To register, please visit our website at: <https://www.lawsociety.org.sg/CPD-Portal/Law-Society-Events>.
For enquiries, please contact us at cpd@lawsoc.org.sg or 6530 0209.

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- 1.1 Registration closes on the date as stipulated on the registration page or when all seats are filled.
- 1.2 The registration fee is due and payable upon registration and must be received prior to the programme.
- 1.3 Payment must be made by the closing date stated. Registration will only be confirmed upon receipt of full payment. An email confirming your registration will be sent to the email address provided in your registration, and/or a message confirming your registration will be displayed on the Website. If you do not receive confirmation of your registration within twenty-four (24) hours of your registration, please contact the Law Society CPD team at cpd@lawsoc.org.sg.
- 1.4 The Law Society reserves the right to refuse to register or admit any participant, and to cancel or postpone the programme.
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- 2.2 Participant who cancels their registration before the commencement date shall be liable to pay the percentage of the registration fee set out as follows:
 - i. 20 calendar days before commencement date: 25% of registration fee.
 - ii. 8 to 19 calendar days before commencement date: 50% of registration fee.
 - iii. 7 calendar days or less before commencement date: 100% of registration fee.
- 2.3 Participants who cancel their registration without prior payment made shall also be liable to the cancellation fee set out in 2.2. In the event that the payment for cancellation fee is not received despite multiple chasers, a tax invoice will be issued and mailed to your law practice/organisation.

- 2.4 Participant who is unable to attend the programme due to medical exigencies will be subject to a cancellation fee of 50% of registration fee.

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- 4.3 You agree that any personal information you submit as part of your registration for the programme is accurate and that you have all necessary permissions to submit such personal information.

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No of Public CPD Points: 2.5
Practice Area: Professional Skills
Training Level: General

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