

WEDS



ENGAGE & GROW: Career & Intellectual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



LAWYER
WELL-BEING
WEEK

MAY 4-8, 2020

WATCH THIS: Shawn Achor's TED Talk: [The Happy Secret To Better Work](#)

READ THIS: Amy Wrzesniewski and colleagues' Harvard Business Review article: [Turn The Job You Have Into The Job You Want.](#)

DO THIS: Complete the [Peak Performance Through Character Strengths Activity Guide](#) and post about your experience on social media using the hashtag #LawyerWellbeingWeek. Have fun!

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"Life is either a daring adventure or nothing." - Helen Keller
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