

## Teaming Up Against Burnout

### ACC San Diego

Webinar

05.19.2021

**Wednesday, May 19, 2021**

12:00 p.m. - 1:00 p.m.

*Complimentary Program via Webinar*

[Click here to register.](#)

\*Webinar details will be sent upon registration.\*

***The first 40 in-house counsel to sign up for and attend the program will receive a free ebook copy of Paula Davis's book: "Beating Burnout at Work: Why Teams Hold the Secret to Well-Being and Resilience"***

Burnout has become one of the most talked about workplace topics, and its impact is far-reaching. The 24/7 pace of work, constant demands, and too few resources can easily put lawyers and legal professionals on a path to burnout, a cycle that has only accelerated during the COVID-19 pandemic. Burnout affects the health and well-being of the entire organization, yet most attempts to help focus on quick-fix strategies aimed at individuals. Something is missing. In this program, Paula will focus on a holistic approach to burnout prevention, providing actionable strategies for individuals, leaders, and teams.

### Speakers:

- **Elizabeth Balfour**, *Partner*, Sheppard Mullin
- **Paula Davis**, *Founder*, Stress & Resilience Institute

This program was prepared by Sheppard Mullin in partnership with the Association of Corporate Counsel, San Diego Chapter (ACC).

**Questions?** Please contact Belinda Ashong via email.