

The Association of Asian Women Lawyers  
in conjunction with Law Care presents:

# The Office: Strategies for Success



A one hour PowerPoint presentation hosted by Law Care's Ann Charlton covering:

- ▶ Goal setting and risk factors
- ▶ Management styles and traits
- ▶ Ways to reduce pressure
- ▶ Vicarious trauma
- ▶ Time management
- ▶ The six R's of stress management / ABCDE of Prioritising
- ▶ Approaches to work
- ▶ Mental coping techniques
- ▶ Questions to ask to help yourself

**Date:** Thursday 26 June 2014

**Time:** Registration at 5.45 pm with 6pm start  
1 hour presentation followed by networking.

**Venue:** Pannone Part of Slater & Gordon, Room 901-903,  
9th Floor Lincoln House, 123 Deansgate, Manchester M3 2BU.

**Cost:** £5

For more information or to register your place  
please contact: [sapna.gangani@pannone.co.uk](mailto:sapna.gangani@pannone.co.uk)

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