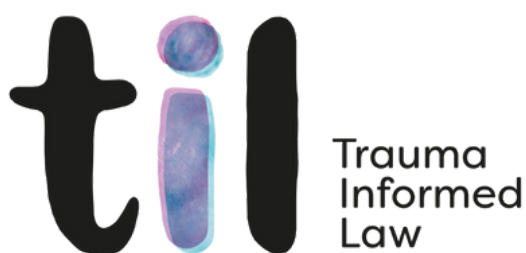




Wellbeing talk for legal professionals

***The Human Curve Ball:
Navigating The Impact Of
Heightened Emotions***



1 hour talk

"The Human Curve Ball: Navigating The Impact Of Heightened Emotions in Legal Practice"

No matter your area of practice, at some point, because we're all human, the law becomes unexpectedly messy. Using real-life examples from our own legal practice, we explore situations that arise in relation to heightened emotions, distress and overwhelm. We delve into some of the science behind our instinctive human responses, as well sharing tips and resources to empower and equip legal professionals to support themselves, their clients and each other when encountering these experiences in practice.

There will be an opportunity for questions, as well as takeaway materials designed to encourage curiosity, continued discussion and self-reflection.

We prioritise delivering the material in a safe way, encouraging self-awareness throughout the session.

Duration: 1 hour

Delivered by: Rebecca and Camilla online/in person

We deliver talks on a selection of alternative topics, including those listed below, and can amend the content to suit your needs. Please contact us to discuss your requirements.

- *Trauma: Starting the Conversation*
- *Vicarious Trauma*
- *Stress v Distress*
- *Trauma-Informed Approaches to Legal Practice*
- *Cultivating Resilience and Psychological Safety*
- *Power Dynamics in the Legal System*
- *Domestic Abuse*
- *Navigating Trauma in the Workplace*
- *Permission To Be Human*



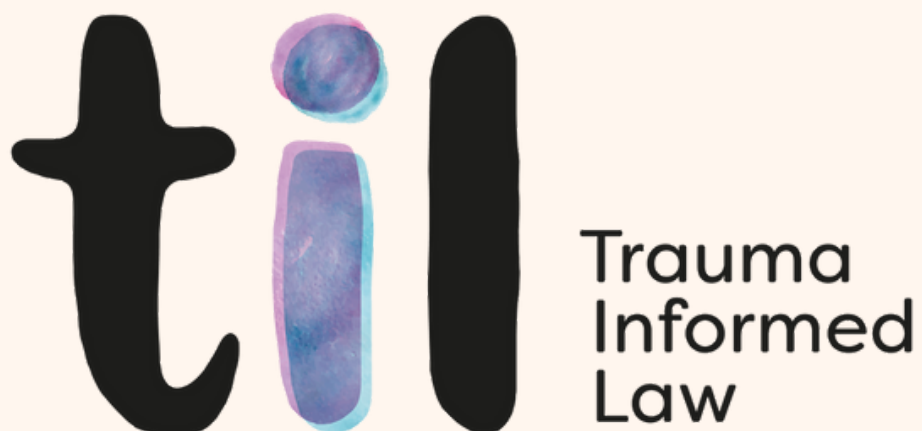
CAMILLA WELLS

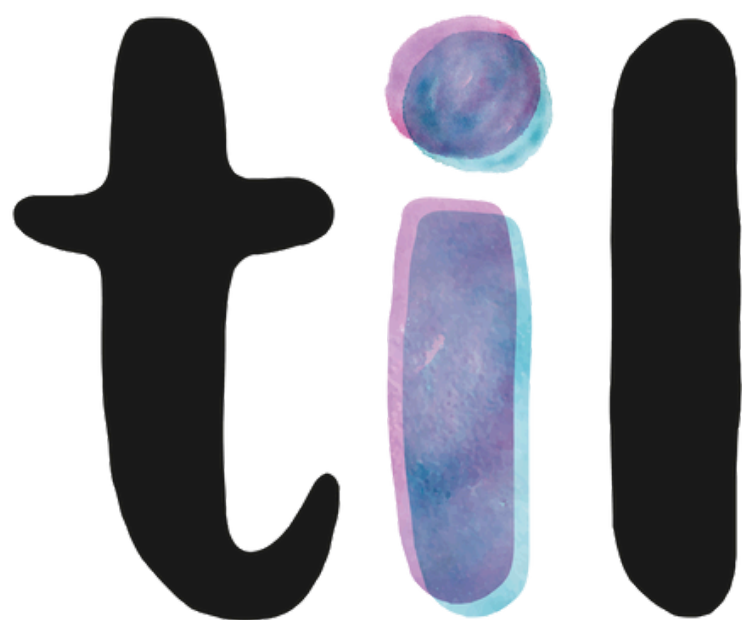


REBECCA NORRIS

With a combined 35+ years' experience as barristers (covering family, general/white collar crime, commercial, contentious regulatory and FS litigation) and 20+ years' experience working with trauma and distress, Camilla and Rebecca both now run coaching and consultancy businesses. Together, they founded Trauma Informed Law.

Trauma Informed Law specialises in providing education and support in respect of trauma, distress, heightened emotions and overwhelm within the legal profession. Their lived experience of the legal world, combined with their specialist somatic coaching skills, means that they are able to approach these topics in a way that is safe, relatable and empowering, allowing space for discussion and response.





Trauma
Informed
Law