



Turn procrastination on its head!



How to Beat Procrastination in Your Workday

with Allison Wolf

Thursday, December 20, 2018

Live webinar with chat

includes 60 day replay*

9:00 am – 10:30 am (Pacific)

10:00 am – 11:30 am (Mountain)

11:00 am – 12:30 pm (Central)

12:00 pm – 1:30 pm (Eastern)

1:00 pm – 2:30 pm (Atlantic)

**This program features real-time audio of the presenter with synchronized presentation slides, and a chat feature that allows for live Q & A. SK attendees please verify whether you align with Central (MB) or Mountain (AB) time based on season and location.*

WHO SHOULD ATTEND

Lawyers and other legal professionals who want to understand and overcome procrastination in their workday and in their lives should attend this program.

ABOUT THE PROGRAM

Procrastination is an avoidance behavior that can be a serious issue for lawyers. It can impact the quality of your work and cause unnecessary stress, guilt and a loss of productivity. It can also result in failure to meet professional conduct and responsibility standards, and may lead to disciplinary action. Most courses on procrastination focus on tips and techniques about how to get over it. But we rarely ask what procrastination actually is and why it happens in the first place. In this inspiring, new webinar, lawyer coach Allison Wolf turns procrastination on its head, transforming it from a guilty secret into a productivity-enhancing strategy. Wolf teaches us that when we stop thinking about procrastination as a harmful habit that's holding us back and start telling the truth about why we are procrastinating, it can become a robust strategy for getting things done. In just 90 minutes, you will learn:

- A powerful procrastination reframe
- What's truly happening when you are procrastinating; and
- A five-step process for accessing the wisdom of procrastination and taking action

Don't let procrastination run your life or jeopardize your career. By understanding why you procrastinate, and then applying strategies that beat procrastination before it takes hold, you'll be far more prepared and willing to take on the tasks in front of you. Anyone can follow Wolf's simple, research-driven strategy - a written guide and worksheet will help you quickly and easily put what you learn into action. Register today!

SCHEDULE (Eastern)

12:00 pm - 1:30 pm

Welcome and Opening Remarks

Meet the procrastinator

Self-recrimination and procrastination

Think again – procrastination is smart

What's really happening when we procrastinate?

Turnaround strategy

Five Step Process

Action Steps

Program Wrap-up and Evaluation

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PRAISE FOR ALLISON WOLF

- “Interactive speaker; allowed audience to participate wholly.”
- Ms. Wolf is a dynamic, articulate speaker and knows her subject.”
- “Any presentation on goals gets cheesy so quickly, this was practical not cheesy. Keep up the great work!”
- “Brilliant...far exceeded my expectations... By the end of the day, I drafted a one-page, clear and concise list of objectives. • ”
- “Everything I hoped it would be. Thank you... great job.”
- “Outstanding... really enjoyed and internalized [her] talk. Excellent.”
- “Smart, strategic, rational... Her delivery is calm and positive, yet frank.”



BC: This program has been approved for 1.5 hours of professional responsibility and ethics, client care & relations, and/or practice management.

ON: This program contains 1.5 Professionalism hours.

SK: CPD application is pending.

NB: CPD application is pending.

Lawyers in other mandatory CPD jurisdictions may count their attendance towards their CPD requirement/plan.

Seminar Partners is an Accredited Provider of Professionalism Content by the Law Society of Ontario and a pre-approved CPD Provider of the Law Society of British Columbia.

MEET YOUR PRESENTER



Allison Wolf (Vancouver, BC) is one of the most senior coaches for lawyers in North America. She has helped countless clients over the past fifteen years develop thriving legal practices and before that served as director of legal marketing for award-winning law firms. Allison received her Certified Executive Coach qualification from Royal Roads University in 2004, and to round out her education completed life coach training with Martha Beck in 2014. She is the president of Shift Works Strategic – Coaching for Lawyers, founder and managing editor of attorneywithalife.com, and a partner in the legal marketing agency Hogarth & Wolf. Allison is a member of the International Coach Federation and American Bar Association, and a frequent writer and presenter for legal organizations, media, and law firms. Allison's specialty is uncovering the thinking traps and gaps holding her clients back and helping them acquire the mindsets, skills, and habits for growing successful and rewarding legal practices.

✓ **Yes, I want to attend How to Beat Procrastination in Your Workday, with Allison Wolf**
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* Materials will be distributed electronically in advance. Live webinars feature real-time audio of the presenter with synchronized presentation slides, and a chat feature that allows for live questions and verbal responses by the presenter. The recording of the webinar is available for 60 days.

REGISTRATION FEE:

On or before November 23, 2018: \$140.00 + \$18.20 (13%) HST* = \$158.20 - Save \$25.00

After November 23, 2018: \$165.00 + \$21.45 (13%) HST* = \$186.45

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*With ON HST. Please adjust tax for attendee's province as follows: 5% in AB, BC, MB, NWT, NU, SK, YK. 13% in ON. 15% in NS, NB, PEI & NL.

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