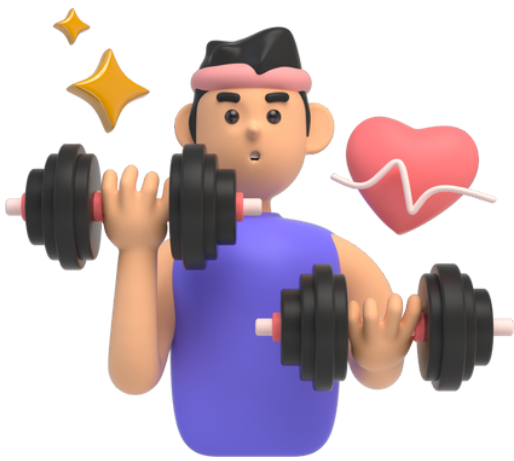


THE RESILIENCE TOOLBOX



TAKE CARE OF YOURSELF

Maintain good sleep, healthy eating and exercise to feel your best and to, in turn, best serve your client.

FIND A MENTOR

Find a few older, experienced individuals to confide in. They have also probably experienced similar stresses in the past and can provide you with guidance.

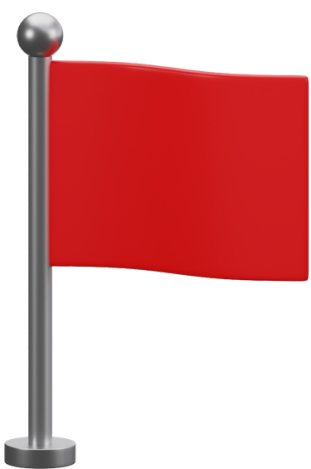


BUILD A SUPPORT NETWORK

Build a support network of individuals who work in the legal field that you can turn to in times of stress or when you are in need of advice.

REACH OUT

Connect with inspiring professionals through LinkedIn and reach out for advice and mentorship.



LOOK OUT FOR RED FLAGS

Watch out for early warning signs that you are overstressed - such as losing sleep.

THINK IT THROUGH

Consider your goals and personality when choosing a career path. Finding fulfillment and aligning with your strengths will lead to success.



$IQ + EQ + BX + AI =$
SUCCESS

