

# Victorian Women Lawyers Wellbeing Series

## Part 2: Non-Doing Workshop Cultivating Self-Awareness for Lawyers



*Yesterday I was clever, so I wanted to  
change the world.  
Today I am wise, so I am changing  
myself – Rumi*

VWL is proud to announce the second stage of its flagship wellbeing initiative – an interactive workshop on mindfulness to assist lawyers to build inner resources to reduce and manage stress.

The workshop will be led and run by Elva Zhang, Founder of Peace Lab. A practising lawyer, Elva has been a long-term meditator and is trained in laughter yoga and positive neuroplasticity. This workshop is specially designed for members of the legal profession - high achievers and deep thinkers. The workshop will focus on cultivating self-awareness as an important first step for stress management by synthesising ancient Eastern wisdom philosophies, (such as Taoism), with contemporary Western science theories (such as neuroplasticity theories).

### **What this workshop will involve:**

Through reflective discussions, playful and mindful exercises and specially designed meditation, we will explore together how we can stop our daily busy 'doing' from time to time, pause for more self-awareness and then take actions from a state of appreciation and solution, rather than from a state of stress.

This could be the first step to potentially re-wire the negative-bias of our trained legal minds for a more positive mindset.

**NON-DOING WORKSHOP**  
**WEDNESDAY, 10 OCTOBER 2018**

### **TIME & LOCATION**

5:30pm - 6:00pm registrations  
6:00pm - 7:30pm workshop  
7:30pm - 7:45pm conclusion and  
networking

### **LOCATION + SPONSOR FIRM**

MinterEllison, Rialto Towers, Level 23, 525 Collins Street,  
Melbourne VIC 3000

### **TICKETS**

Members: \$10  
Non-Members: \$15

**RSVP by 8 October 2018** [www.vwl.asn.au/events](http://www.vwl.asn.au/events)