

## VWL Wellbeing Series

### *The Road to Knowing Your Purpose*



Do you find yourself asking what your professional and personal purpose is? Do your lived experiences accord with your values?

As part of our Wellbeing Series, VWL is proud to present the 'The Road to Knowing Your Purpose'. This event is designed to equip members of the legal profession with skills to understand the importance of having purpose in their professional and personal lives. People who have a clear purpose and direction have been recognised as being more resilient due to their ability to maintain perspective, stability and determination.

This seminar will be presented by workshop facilitator, physiotherapist and volunteer surf lifesaver, Sam Suke. Sam has experience working in elite sport, volunteering as a rescue swimmer for the Westpac Lifesaver Rescue Helicopter Service, and in running workshops for a range of motivated audiences.

Sam presents on embracing meaningful work through the Japanese concept of Ikigai. Ikigai requires a focus on the pursuit of four pillars being personal strengths, personal passions, contribution to the community and financial and non-financial payments.

#### **DATE**

Thursday, 4 April 2019

#### **TIME**

12:30pm - 2:00pm

#### **LOCATION**

Wotton + Kearney, Level 15, 600  
Bourke Street, Melbourne

#### **COST**

Members: Free

Non-members: \$10

**RSVP** by 1 April 2019

[vwl.asn.au/events-3](http://vwl.asn.au/events-3)

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This event has been designed to meet CPD needs of lawyers. If this sessions does meet your CPD needs according to the Uniform CPD (Solicitors) Rules 2015 you may claim 1 CPD unit for each hour of attendance (breaks not included).