



Who can join:

Advocates, Lawyers
and all other Legal
Professionals and
Students

Duration:

2 Days

To Book, Visit:

[www.pragyaannexus.org.in/
stress-management-
for-legal-profess](http://www.pragyaannexus.org.in/stress-management-for-legal-profess)

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STRESS MANAGEMENT

FOR LEGAL
PROFESSIONALS



Pragyaan Nexus


Change Your Story, Change Your Life

TESTIMONIAL

The workshop held on "Stress Management For Legal Professionals" was absolutely brilliant and I would say it was one of the best presentations we ever had. It was informative and extremely interesting and definitely engaged everyone who attended. I think we all have taken some thing positive with us. Thanks to Pragyaan Nexus.

-Adv. Arvind

What Will You Get:



- Exercise
- Instant Relaxation Meditations
- Manage time for family
- Understanding SWOT
- Instant Rapport with Patient
- Balloon Technique to release stress
- Time for regular self updating
- Setting Goals
- Healthy eating and sleeping habit installation

Legal system has the largest backlog of pending cases. It directly increases mental pressure on judges and lawyers to bridge gap between society, police and government.

According to some research papers, legal professionals have 3 times higher stress level than any other employee and entrepreneur. After attending this 2 days workshop you will enjoy your job.