A LIVE THREE-PART SERIES FOR ATTORNEYS

Running on Empty

A three-part series that helps attorneys prevent burnout and detect impairment in themselves and colleagues. Each one-hour session is led live on Zoom by a licensed therapist from Blossom Wellness Counseling, with every example drawn from legal practice.

What your attorneys will be able to do

- Tell burnout apart from depression, anxiety, and drinking problems
- See how burnout affects competence under Rule 1.1(b)
- Find the pressures behind their own burnout risk
- Check in on a struggling colleague
- Know the confidential resources, including the LAP

Why it works

- Built for the realities of legal practice
- Every example drawn from legal work
- An educational class, not therapy, so no one is asked to share anything personal
- Any group size, cameras optional

How each hour runs

1	**Welcome**	Ground rules and a quick check-in in the chat
2	**Learn**	A short teaching segment grounded in research on attorneys
3	**Reflect**	A private workbook page. No one is asked to share results
4	**Detect and respond**	Spotting depression, anxiety, and problem drinking, and how to help
5	**Apply**	A live skill or conversation attorneys can use right away
6	**Make your plan**	Each attorney writes a short, practical plan
7	**Close**	Questions and where to find more support

THE SERIES

Three levels, one program

Each level builds on the one before it, and each one also works on its own. Book a single session, one level a year, or the full series. New attorneys can join at any level, because every session opens with a short refresher.

LEVEL 1

Running on Empty

Preventing and detecting burnout and impairment

Best for: Any legal team, especially after a long trial or filing period

- Burnout, impairment, and competence under Rule 1.1(b)
- The six workplace pressures behind burnout in legal practice
- Four kinds of recovery and a personal recovery menu
- Warning signs of depression, anxiety, and substance misuse in attorneys
- Notice, Ask, Listen, Point, and the Lawyer Assistance Program

LEVEL 2

Getting Your Spark Back

Meaning, and knowing when it's more than burnout

Best for: Attorneys who feel flat, stuck, or unrecognized

- Small wins, a done list, and a savoring pause
- Job crafting in legal practice
- Telling burnout apart from depression
- Signs of anxiety and problem drinking, and when to get help
- Asking a supervising attorney about workload or priorities

LEVEL 3

Burnout-Proof Legal Teams

What a legal team can do together

Best for: Practice groups and case teams, ideally with partners

- Feeling safe to speak up, and sharing the load fairly
- Specific recognition
- Signs a colleague may be struggling, and how to respond
- Supervisory responsibilities under Rule 5.1
- Supporting a colleague returning after treatment or leave

Every session includes a fillable participant workbook for that level and a follow-up email with the workbook and information on getting more support.

The details

FORMAT	Live on Zoom, 60 minutes per session
LED BY	A licensed Blossom Wellness therapist
GROUP SIZE	Any size; cameras optional
MATERIALS	A fillable workbook for each level
PRIVACY	Nothing about individual attorneys is reported back.
RECORDING	Your choice. If recorded, we tell the group at the start.

What we need from you

- [ ] A date and time that works around your trial and filing calendar
- [ ] Your practice areas and biggest pressures, so we can tailor the examples
- [ ] The calendar invite or Zoom link sent to attendees
- [ ] The workbook forwarded to attendees before each session
- [ ] Whether you plan to record
- [ ] Your Employee Assistance Program details, if you have one, so we can mention it alongside the Lawyer Assistance Program

Pricing by group size

GROUP SIZE	PRICE PER SESSION
Up to 14 people	**$290**
15 to 29 people	**$450**
30 to 49 people	**$650**
50 to 99 people	**$850**
100 or more	**Custom quote**

Book a single session, one level a year, or a series. Series discount: 10% off each session for two sessions, 15% off each session for three.

Ready to book?

Book one level or the full series.

323-879-7809

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blossomwellnesscounseling.com

Running on Empty is an educational class, not therapy. Blossom Wellness Counseling is a virtual therapy practice serving California.