

**The Schenectady County Bar Association  
&  
The New York State Bar Association's Lawyer Assistance Program**

**Present:**

**What Makes Lawyers Happy**

(1.0 Ethics Credit)

**September 18, 2018 | 12:00-1:00 p.m.**

**Schenectady County Courthouse (  
612 State Street, Schenectady, NY**

**(FREE for Schenectady County Bar Association members. \$10 for non-members)  
Registration at door; Questions? [info@schenectadycountybar.org](mailto:info@schenectadycountybar.org)**

**(Schenectady County Bar Association Brown Bag CLE series)**

**SPEAKERS**

Hon. Sarah L. Krauss (Ret.) NYSBA LAP Outreach Coordinator | Member and former Chair,  
NYSBA Lawyer Assistance Committee (LAC)

Thomas C. Nicotera, Esq., Co-Chair, Capital District Lawyers Helping Lawyers Committee |  
Member, NYSBA Lawyer Assistance Committee (LAC)

**PROGRAM DESCRIPTION**

Practicing can be stressful and lawyers, as a group, are not always a happy bunch. Recent research based on a survey of New York lawyers and lawyers from several other states confirm that although many lawyers are indeed happy, many are not happy or satisfied with their career choice. The original research identifies a few key elements of happy lawyering. Follow up research has indicated that the numbers of lawyers using unhealthy methods to deal with their stress are soaring.

The aspects of happy lawyering will be addressed as well as the signs and symptoms of the unhealthy manner of dealing with stress which can sabotage a lawyer's practice and jeopardize health and create discipline problems.

**AGENDA**

- |                   |  |
|-------------------|--|
| 12:00-12:10 p.m.  | Overview and History of Lawyer Assistance Program  |
| 12:10-12:20 p.m.  | Identifying Important Elements of Happy Lawyering/ ABA Survey Results  |
| 12:20 -12:30 p.m. | Stress which is unaddressed can cause or exacerbate mental health problems;<br>The importance of appropriate self-care |
| 12:30-12:45 p.m.  | A personal story- What can jeopardize a lawyer's health and well-being as well as place their clients at risk?         |
| 12:45-12:55 p.m.  | Ethical considerations...Happy, healthy lawyers are more likely to be competent  |
| 12:55-1:00 PM     | Q&A  |