

WIN: What In-house lawyers Need

THE WELLBEING AGENDA

As the world and businesses are adapting to a temporary new way of working, your training needs during this time will inevitably change also. In recognition of this, we have devised a series of 'agendas' to support you on your in-house journey and keep you and your team connected during this time. Each agenda contains a parcel of podcasts, articles, webinars and videos which are available on demand for you to unwrap as you please.

The first in this series is The Wellbeing Agenda featuring content tailored towards corporate wellbeing, ranging from the power of having purpose within your business to managing your mind and emotions at work.

We hope you find The Wellbeing Agenda useful and look forward to receiving the next instalment in a fortnight. If you have any queries or feedback please contact us at win@dlapiper.com.

Articles



START WITH WHY

In this article, we explore the concept of 'Start with why' as a business theory. The theory achieved cultural currency first as a TED talk, then a book and now a consulting business developed by marketing executive, Simon Sinek.

Podcasts



THE POWER OF PURPOSE WITH SOPHIA MALIK

In this podcast, Dr Catherine McGregor speaks to Sophia Malik (GC and Head of Talent and HR at ADM) about the power of having a purpose within business and examples of times she has seen the notion of having a purpose or vision act as a motivating factor in her team and something that brings people together.

Videos



THE POWER OF PURPOSE WITH ROB BOOTH

In this video, Dr Catherine McGregor speaks to Rob Booth about the importance of having a sense of purpose in business. Rob discusses how his sense of purpose helps to define the strategy of his legal team and helps create motivation amongst his team members.

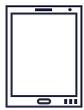
Webinars*

*please ensure you are logged into WIN to access these.



HAPPINESS: A FUEL FOR SUCCESS

An overwhelming body of research has now been published that demonstrates conclusively the strong links between happiness and success. In other words – happiness leads to success, not the other way around. Better conflict resolution skills; higher work performance on a variety of metrics; greater earning capacity; enhanced health; even longevity! The list is endless. This webinar looks at what actually makes people happy and why it matters (especially for lawyers).



DIGITAL WELLBEING

What to do when your smartphone has been designed to addict you, the internet has been optimised to sell to you, and your email inbox is forever overflowing? In this illuminating webinar you will learn why our world is now driven by addictive technologies and how you can take back control of your digital life, by learning the practical skills of Digital Wellbeing. This webinar is an eye-opener that will leave you inspired to make some simple but powerful changes.



THE SCIENCE OF STRESS

Stress is a word on everyone's lips these days, perhaps for good reason as people are expected to do more with less in volatile and uncertain times. But authentic success doesn't sacrifice wellbeing. In this webinar, we explore the science, the warning signs, and how to take better care of ourselves and those around us, creating a human-centred culture where everyone wins.



A MINDFUL APPROACH TO EMOTIONAL INTELLIGENCE

This webinar introduces emotional intelligence alongside simple mindfulness practices. The session will offer practical insights and experiential exercises to enable you to tap into your own emotional intelligence and increase it.

At DLA Piper, we are invested in the success and wellbeing of our clients and the worldwide markets we serve. In response to the COVID-19 pandemic, we have created online platforms where you will find legal knowledge that is immediately actionable and which helps you consider how to plan ahead.

[Global Coronavirus COVID-19 Daily Update for Employers](#)

[DLA Piper COVID-19 Global page](#)

About WIN – Knowledge, support and networking for the in-house legal community

Our multi award-winning WIN programme is all about you: offering an evolving series of events, tools and forums which address the legal, commercial and personal aspects of working in-house.

WIN now operates in over 40 cities worldwide, with over 70 events held per year. We have over 8,000 registered users from 100 countries. Over 22,000 clients have attended a WIN event and we invite you to join our growing community by registering for WIN today.

Visit www.dlapiperwin.com for more information.