



*8 weeks to being a
happier lawyer*

Join the *'Happy Lawyer Happy Life'* online course!

Become a happier lawyer while growing your business and your brand.

This 8 week online course will give you the tools you will need to tackle the challenges of life in the law while building a career that you LOVE.

LAUNCHING MONDAY 21 JANUARY 2018

www.happylawyerhappylife.com/thecourse/



become a happier lawyer

IF YOU ARE

A lawyer- whether brand new, experienced or an old hat!

WHO IS

- Struggling to get to work
- Worrying about how you will tackle another year as a lawyer
- Questioning why you chose this profession in the first place; and
- Wanting to grow your law firm or personal brand while becoming a happier lawyer

THEN THE HAPPY LAWYER HAPPY LIFE COURSE IS FOR YOU!

The course will give you-

- A clear understanding of the drivers of unhappiness in law (and how you can manage them!)
- A business or career plan tailored to your goals
- Weekly learning modules designed to help you make changes in your law life to improve your happiness
- Access to an exclusive community of fellow 'happy lawyers' to keep you accountable to your goals
- 3 online live workshops to deep dive into the course content

IF YOU WANT TO GROW YOUR BUSINESS AND PERSONAL BRAND, WHILE BECOMING A HAPPIER LAWYER, THEN THIS PROGRAM IS FOR YOU.



CLARISSA RAYWARD

Clarissa Rayward, is the Director of Brisbane Family Law Centre and is also known as the 'Happy Family Lawyer'.

In 2014, 2015 and 2016 Clarissa was also named among the leading Family Lawyers in Queensland by the Doyle's Guide to the Australian Legal Profession.

In 2015 Clarissa was awarded the Lawyers Weekly 'Thought Leader of the Year' Award for her work in opening a dialogue for better ways to support families experiencing divorce and separation. Clarissa is also the current Immediate Past President of the Family Law Practitioners Association of Qld- the representative body for over 900 Family Law Professionals throughout Queensland.

In 2016 Clarissa launched her new venture 'Happy Lawyer, Happy Life' in response to the growing number of lawyers and other professionals reaching out to her looking for ways of finding 'Happiness' in their careers. Clarissa's podcast and book both titled 'Happy Lawyer, Happy Life' offer insights and resources for legal professionals seeking fulfilling careers and happiness both in law and in their life outside of the law.

Clarissa Rayward is a family lawyer, wife and mum who is passionate about relationships, people and family.

HAPPY LAWYER COURSE PACKAGE

Payment Plan \$69/w
(for 8 weeks)

BYO Friend \$249
(until 7 January 2019)

Early Bird \$399
(until 7 January 2019)

Regular \$499
(7 January 2019 onwards)

- Access to the 8 week online program.
- Delivery each week to your inbox of your weekly lesson.
- Membership to the exclusive Happy Lawyer Club Facebook group.
- Weekly workbook.
- Complimentary copy of the book- Happy Lawyer, Happy Life- How to be happy in law and in life.
- 3 online interactive workshops to dive deep into the course content.
- Access to other professionals including Psychologists who will assist in your Happiness Journey.

WHAT DOES IT COVER?

The course is broken into 8 different modules- yes that's 1 a week! Along the way I will be joined by experts in fields of health, mindfulness, psychology and business to ensure you have the tools you need to make the best start as a happier lawyer.

Module 1- What does it mean to you to be a 'Happy Lawyer'

We are all different and my concepts of happiness may not be the same as yours. In this week's module you will work out just what your personal goals are when it comes to being a 'Happier Lawyer'.

Module 2- The science of happiness

Thanks to modern science we are surrounded by wonderful advances in research showing us just what is happening inside our bodies and our brains when we are unhappy. In this week's module you will look more closely at the impact of 'unhappiness' on your mind and body and start to make changes in your daily routines to improve your happiness

Module 3- The first habit of Happiness- Health

The traditional practice of law does not sit well with a healthy life style. Working 16 hour days tied to a desk and computer does not leave much room for healthy eating, regular movement or the necessary sleep that our brains need to function at their best. In this module you will consider what changes you can make each day to ensure your health is a priority.

Module 4- The second habit of Happiness- Mindset

A happy lawyer has a positive, mindful and 'glass half full' attitude (most of the time!). They have the capacity to see the good in most situations, are grateful for the opportunities their career has given them and are mindful- living in the moment and enjoying life for what it is. In this module you will learn new skills helping you to find that positive mindset and better manage stress.

Module 5- The third habit of Happiness- Passion

A happy lawyer pursues their passions every day and most have passions that sit well outside the law. In this module you will look at how you can work some of your own passions into your everyday life to improve your happiness.

Module 6- The fourth habit of Happiness- Purpose

It doesn't take long working long days in the law to lose sight of the reasons that brought you here in the first place. In this module you will get clear on your purpose and how that connects with your career- a key to maintaining happiness in your work.

Module 7- The fifth habit of Happiness- Being You

You are a person first and a lawyer second but it is easy to lose sight of just who you are in a career full of tradition and stereotypes. In this module you will map out just who 'you' are as a person and how you can bring that to work.

Module 8- Your 'Happiness plan' for 2017

In the final week you will bring all of your new skills and knowledge together to map out and implement your career and business plan.

WHAT PEOPLE ARE SAYING!

"The course so far has been great and what I've really liked is that the homework gives you a tool to focus on what you've just read and putting some real action to it."

"This course has been wonderful and challenging at a time when I really did need to work out what my focus will be and what things are important to me."

CONTACT US

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REGISTRATION FORM AND TAX INVOICE

NAME

EMAIL

TELEPHONE

TOTAL AMOUNT PAYABLE- CIRCLE

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\$69

(payment plan paid weekly for 8 weeks)

BYO Friend \$249

(available until 7 January 2019)

Early Bird \$399

(available until 7 January 2019)

Regular \$499

ADDRESS



CREDIT CARD

please charge my visa/mastercard



CHEQUE

post cheque payable to
Brisbane Family Law Centre

CARDHOLDER

CARD NUMBER

EXPIRY

CCV

ACCOUNT NAME

Happy Lawyer Happy Life trading as Ma Belle Amie

BSB 124 007

ACCOUNT NUMBER 2263 2252

AMOUNT

AMOUNT

SIGNATURE

WHEN COMPLETED, THIS FORM IS TREATED AS A TAX INVOICE. GST INCLUDED.

for more information, please contact Sarah Follent- hello@happylawyerhappylife.com

ABN: 26 547 337 845