

Navigating Your Career While Achieving Work-Life Balance and Avoiding Burnout

Location

The Westin Harbour Castle
1 Harbour Square
Toronto, ON M5J 1A6, Canada

Date & Time

Start Date: 11/29/2022
Start Time: 3:35 pm ET
End Time: 4:20 pm ET

Michael Osborne will speak on the panel “Navigating Your Career While Achieving Work-Life Balance and Avoiding Burnout” at the Canadian Lawyer Young Lawyers Forum. The panelists will discuss best practices for effectively achieving work/life balance and how to navigate the journey to finding career success without burnout. The panelists will also cover the following:

- How to advocate for yourself in setting appropriate boundaries: being comfortable saying “no”
- Understanding how you currently utilize time and where efficiencies can be created
- Strategies to adapt to the stressful nature of legal practice: Addressing systemic problems behind burnout
- Advice for managing the expectations of partners
- Best practices for making effective use of face time and building relationships with senior leaders

To learn more about this event, click [here](#).

Sponsor

Canadian Lawyer

Share Post

ATTORNEYS



Michael Osborne
Chair, Canadian Competition Practice

mosborne@cozen.com

(647) 417-5336

RELATED PRACTICES

Commercial Litigation



LEARN MORE

[CLE Programs](#)

[Subscribe To Publications](#)

[Contact](#)

[Privacy Policy](#) | [Disclaimer](#) | [Attorney Advertising](#)