Well-being Day
A Law Society of Northern Ireland well-being Initiative for the solicitor profession

Friday 9th October 2020

Programme

8am – 8:45am
Online Pilates Class
(NeilPilates)

10am – 11am
“Looking After your Mental Health”
(Gail Porter - Online Talk)

1pm – 1:45pm
Online Circuits Class
(Motion Fitness)

2:30pm
Managing Stress and Building Resilience through Uncertain Times
(AMH/LawCare - Online)

4pm
Mentoring Scheme Launch Event
(Advance Coaching - Online)
8am – 8:45am
**Online Pilates Class (NeilPilates)**

This Pilates class will be taught by Pilates trainer Neil Healey, founder and owner of Neilpilates. Neil has over 15 years teaching experience and in that time has seen hundreds of people gain the benefits of doing Pilates regularly.

Pilates is designed to work the entire body, retraining the mind to use the right muscles to do the right job at the right time. Pilates will help you to correct muscular imbalances that if left uncorrected could result in painful neck, shoulder, back and hip problems. If you take part in sports Pilates this will improve your core strength and spinal flexibility which will improve your performance.

10am – 11am
**“Looking After your Mental Health” (Gail Porter - Online Talk)**

For Gail Porter, the late 90s were both the best and worst of times. At age 21 she was a hallmark of British television - a young, smiling dynamo from Edinburgh’s Portobello who was perfectly at home leading daytime programmes such as Fully Booked, The Big Breakfast and Live and Kicking before landing a prime-time slot hosting Friday night favourite Top of the Pops. Her fan base growing, she often left the studio in a state of total euphoria.

But her seemingly unstoppable energy would deflate as she stepped inside her London flat - where loneliness, self-doubt and depression set in.

Gail Porter, 48, experienced serious health issues while working as a presenter, but had hidden what she was going through. She suffered from anorexia and depression and had a breakdown after the death of her mother in 2009. Gail’s hair fell out due to alopecia and she was also sectioned under the Mental Health Act for 21 days.

Gail recently released a BBC documentary about her mental health journey which she hopes will help others to be confident in recognising stigmas and discrimination, and help others to know how and when to take action when they see it.

This inspirational and self-deprecating talk will provide an account of Gail’s mental health issues, the pressure of keeping up appearances as a consequence of her career and her coping strategies.

1pm – 1:45pm
**Online Circuits Class (Motion Fitness)**

Motion Fitness is a group training class brought to you by Personal Trainer and Fitness instructor Mark Carnaghan.

Motion Sessions incorporate a range of exercises to ensure every muscle in the body is worked and this is done in a fun and social environment.

The type of training is known as metabolic conditioning which is a mixture of high intensity interval training (HIIT) and resistance training. For anyone looking to get fitter or lose body fat there is no better way to train. Metabolism will be elevated for up to 48 hours which means the body is burning fat at a higher rate during this time in comparison to steady state cardio like running or cycling etc where your metabolism slows back down to its normal pace shortly after.

Due to the interval style of training and constant stop/start, this encourages the cardiovascular system to pump like never before, which week on week increases your fitness levels and releases endorphins leaving you feeling great after each session. This type of training is highly recommended for both physical and mental health.
2:30pm
Managing Stress and Building Resilience through Uncertain Times
AMH/LawCare  (Online)

The outbreak of COVID-19 has brought with it a lot of new challenges, both personally and professionally; which is why an AMH programme has been developed to provide some top tips on becoming aware of your stress levels, reducing the stressors at this time and direction to further support should you need it. We know this is only a small step in your journey through COVID-19, but if we adapt using some of the resilience techniques you'll learn in this session, it is possible to bounce back together, and believe it or not – stronger than ever before. Sources of Support also include LawCare, the charity dedicated to supporting people working in the law.

Part one:
Introducing stress, what is it and how best to understanding the difference between healthy pressure and stress.

The effect that COVID-19 is having on mental health across the UK, this will help us build a picture as to how in demand stress manage is at this time.

Top tips on getting the most out of working from home and looking after yourself to ensure you get that perfect balance of work and home life.

Part Two:
Strategies for managing stress, we'll look at the traffic light system, which is an easy practical tool which you can use to monitor your stress.

Top tips on how to get the five ways to wellbeing despite many social restrictions.

Sources of support.

4pm
Mentoring Scheme Launch Event (Online)

Mentoring is a developmental partnership through which the Mentor shares knowledge, skills, information, perspective and networks to support the Mentee in career and/or business development. It is a partnership based upon trust and respect. As the Law Society Mentoring programme enters into its eighth year and we all face significant disruption, uncertainty and challenge, the support of a skilled, trusted mentor has never been more important.

Current and aspiring Mentors and potential Mentees are invited to join the launch of the new virtual mentoring programme where you will learn more about the programme, benefits for mentors and mentees as well as additional resources and learning opportunities.

The Law Society NI is partnering with Advance Coaching Ltd, a specialist coaching and mentoring company to deliver the 2020/21 programme.

For further information please contact:
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