



LAWYERS
ASSISTANCE
PROGRAM

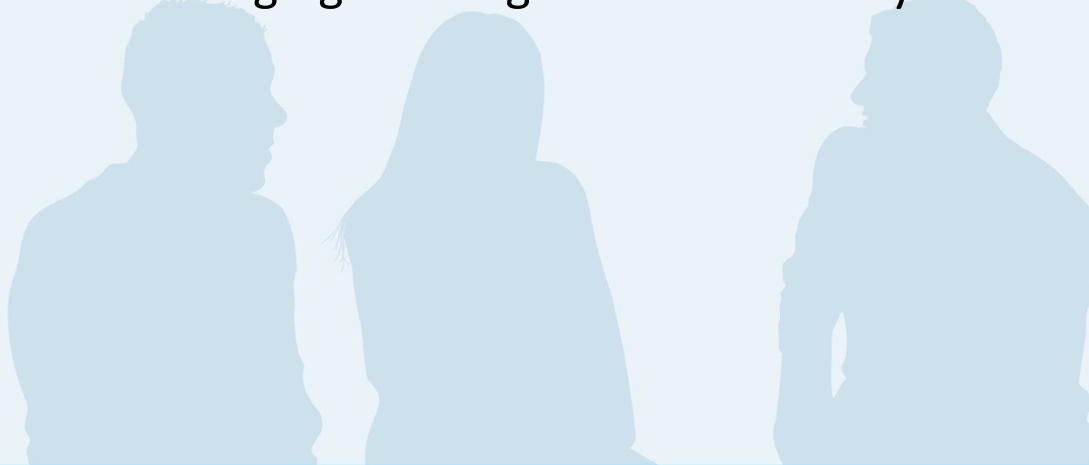
The Volunteer Connection

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FOR A HEALTHY LEGAL COMMUNITY

Summary :

1. Why volunteer? Poll .
2. Connections- defined
3. Connections by Holding Space for Empathy vs Sympathy
4. Connecting using Healthy Communications and Boundaries
5. Defining the 7 Dimensions of Well-Being
6. Connecting with each other using Well Being Dimensions- small group discussion.
7. Bringing it all together and thank you!



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Connection by Holding space- Empathy vs Sympathy



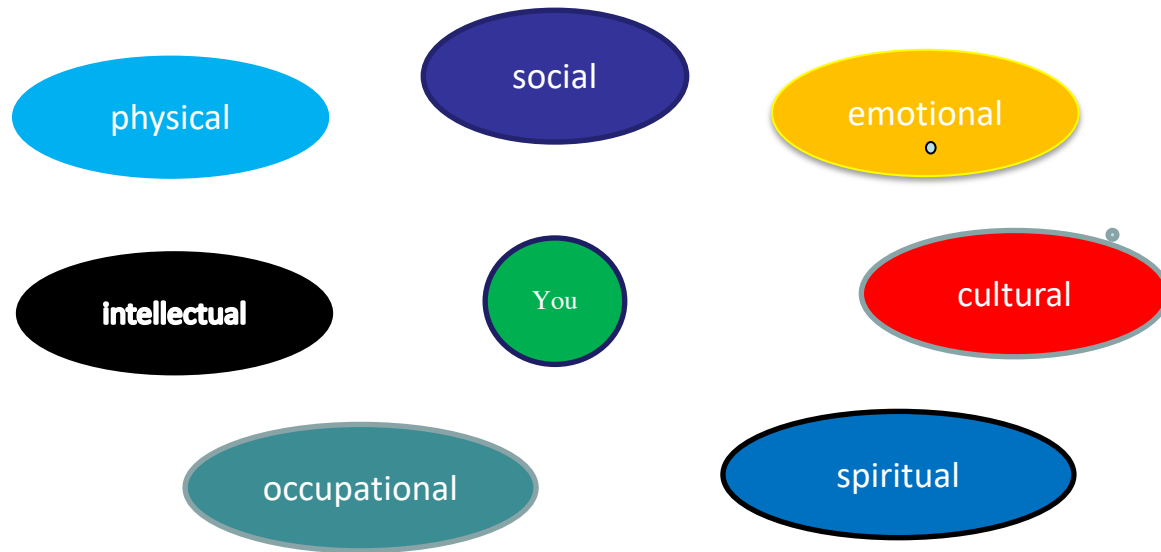
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Healthy Communications fosters connections



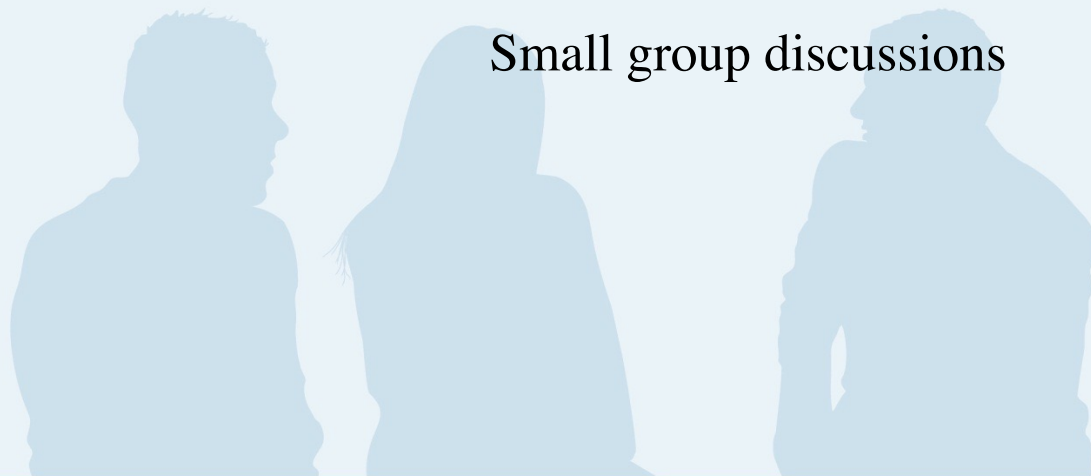
7 dimensions Well-Being:

the continuous process of taking care of ourselves



Finding Connection and Care Using the Dimensions of Well-Being

Small group discussions



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