

MINDFUL LAWYER PERFORMANCE

“As a newly merged global law firm, HSF looks for ways to foster greater collaboration and connection across our offices so we can provide legal services of the highest value to our local and global clients. Focus, greater clarity of thinking and improved performance of our leaders, partners and lawyers is key in this endeavour. And mindfulness is fundamental to developing these attributes. We partner with the Potential Project as their evidenced-based program stands the test of being both practical and engaging for our audience of highly critical thinkers.”

Murray Paterson, Head of Capability Development, Australia.



“The Corporate Based Mindfulness Training has had a profound effect on me. My team says that I have become more serene, and I notice how quickly I feel stressed if I don’t do my daily practice. I have noticed a marked difference in clarity of thought and feel much calmer.”

Nicole Lacy, Special Counsel, HSF



- 11 X 60 min workshops
- 10 minutes daily training
- Facilitated by internal HSF trainer