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TIPS FOR LAWYERS: Creating Effective Habits in the New Year.

By Jatrine Bentsi-Enchill, J.D., CPCC

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It's that time of year where we all feel enormous pressure to make resolutions for personal and professional improvement. Lawyers are no exception! The problem is too often we set the new goals without a real plan of how we're going to avoid reverting to our old habits!

Habits can be a friend or foe. Think of a habit as a pattern of behavior. Successful habits can help us to achieve success, while other habits undermine our efforts to achieve.

Here is a great exercise for getting rid of old habits and replacing them with habits designed to help you to more effectively achieve your objectives.

STEP ONE:

List 3 or more habits that are currently holding you back from achieving your goals and describe how these habits negatively impact your life.

EXAMPLE:

Habit: Spend too much time on socializing during the work day.

Impact: Always playing catch up in order to meet deadlines causing everyone to stress out. Makes me seem unprofessional and unfocused.

STEP TWO

List successful habits you will choose to adopt in place of the "bad" habits and the benefits of adopting the new habit

EXAMPLE:

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Successful New Habit: Develop effective time management strategy that includes limit socializing with other lawyers in the office.

Benefits: Increase productivity, meet or exceed billables, decrease stress.

STEP THREE

Create a 3 step action plan to jumpstart each new habit. Be specific, pick a start date, a completion date and begin.

EXAMPLE:

Action Plan

- 1) Develop Time Management System that fits my work–style.
- 2) Create blocks in the day where I close my door and work for 2 hours without interruption.
- 3) To satisfy my desire to socialize, schedule lunches and after–hour meetings with colleagues so I stay connected.
- 4) Keep conversations to 3 minutes or less.

Start Date: January 7

Completion date: January 17th

Implementing new habits, new patterns of behavior, will take time. Stay committed to the process and you'll soon achieve your desired results.

Jatrine Bentsi–Enchill, an attorney and Certified Coach, is the founder of the Esq. Development Institute (EDI), an organization committed to helping lawyers excel personally and professionally. EDI specializes in Professional Coaching for lawyers and training processes for law firms in the areas of leadership, communication, diversity/cultural competence and work–life balance.
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Tips On How To Choose The Best Workers Compensation Lawyer

By George Royal

The workers compensation lawyer that you finally choose to have representing you in your claim should be one who is a specialist in this area. The law in these kinds of cases is tricky and you need to have a lawyer who knows the ins and outs of this kind of thing. How terrible would it be to have a workers compensation lawyer that was new to the field and who had never worked on a case like yours before? It would be horrific. That is why you need to talk to all potential workers compensation lawyers and ask them how much experience they have with cases just like yours.

Only choose the workers compensation lawyer that has been working with these kinds of cases for

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several years, at least ten, preferably more. Steer clear of new workers compensation lawyers, they are not what you want to deal with. Be absolutely sure that the workers compensation lawyer that you hire is a real honest to goodness specialist.

Find out how they have been rated by other workers compensation lawyers, their peers. This is a crucial step in the process of choosing the right workers compensation lawyer. This will give you a clear and accurate picture of each and every workers compensation lawyer candidate. Those reviewing them, the other lawyers know what to look for and they know what is missing. You would not be able to pick out these sorts of things because you know nothing about the law. Take their word for it, they are the experts.

More and more workers compensation lawyers are going online these days. It would not hurt for you to check out the site of the workers compensation lawyer that you are considering hiring. What does it look like? Is it professional? You can tell a lot about a person and their standards by their websites. If it is a terrible site filled with spelling errors and sloppy work then you may want to go elsewhere when looking to hire a workers compensation lawyer. You do not want to choose a workers compensation lawyer that does not pay good attention to detail. That could lose you your case. And the workers compensation lawyer that you choose should be willing to part with some good facts and tips for free. You should be able to find some helpful info on the website, if you don't then this workers compensation lawyer may not really care about other people. You want your workers compensation lawyer to care about you and the outcome of your problems.

Does your workers compensation lawyer belong to any special groups for workers compensation lawyers? Hopefully so, this shows some dedication on the part of your lawyer. Dedication and attention to detail is what will win the day. So look for them in each workers compensation lawyer that you interview for the job and only choose the workers compensation lawyer that has them both.

Lawyers HQ: everything you need to know about finding the right lawyer.



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