



The Art of Resilience for Lawyers

IN-HOUSE COACHING & PRACTICE PROGRAM
FOR LAW FIRM WELLNESS AND SUCCESS

Build a Culture of Resilience

Buffeted by the demands of our profession and the unsteady ground of our changing world, resilience is not merely desirable—it's a necessity. Attorneys face relentless pressure in an adversarial setting that can take a significant toll on our well-being. Stress is inevitable, but its impact doesn't have to derail our work or our lives. Resilience is a learnable skill rooted in neuroscience and practice—it reduces burnout, supports wellness, and makes us more effective lawyers. It is good for business.

The **Art of Resilience** program equips lawyers with the tools and strategies to thrive in our profession, fostering a healthier and more productive work environment. This experiential program empowers attorneys to:

- **Reduce stress in real time**
- **Strengthen relationships with clients & colleagues**
- **Reconnect with purpose and personal agency**
- **Reinforce a firm-wide culture of clarity, confidence & well-being**

Program Objectives

This program is strategically designed to deliver tangible results through proven techniques applied in the moment, as we work. Pithy content is combined with a longitudinal, small group coaching program where a core team can actually practice and integrate skills in support of your firm culture. Participants will:

- **Learn and apply simple, effective resilience tools**
- **Balance our core adversarial strategies with relational intelligence and process**
- **Practice clarity and confidence—even under pressure**
- **Empower and inspire each other through confidential, facilitated small-group coaching cohort(s)**

Program Agenda

The **Art of Resilience** program is structured for maximum impact and convenience, minimizing disruption to our law practice:

- **CLE-Eligible Kickoff Session “Attorney Resilience 101”:** A dynamic and engaging 90 minute group session for the whole firm, covering core resilience skills, the brain science behind them, and tools to shift from stress to skillful response—immediately.
- **Small-Group Coaching Series:** A series of focused sessions (e.g., 4-6 sessions biweekly) in one or more small groups, providing a dynamic and confidential environment to practice and refine resilience skills, share experiences, and access the shared wisdom of the group as we learn what works for us and apply it. These sessions build upon the kickoff session and will train a core group dedicated to your firm’s culture of wellness.

About the Facilitator

Andy Kull is a former litigator and active attorney, mediator, and peacemaking consultant. Andy draws from decades of legal experience, a broad kit of experiential tools, and an underlying current of shared wisdom to create spaces for applied, intentional transformation. As a facilitator and coach, he helps legal professionals and organizations build resilience, connection, and leadership grounded in purpose.

Next Steps

To learn more about how the **Art of Resilience** program can benefit your firm and its attorneys, please contact Andy Kull at kull.law@gmail.com or visit andykull.com to discuss your specific needs and goals. We look forward to helping you create a thriving and resilient legal team.