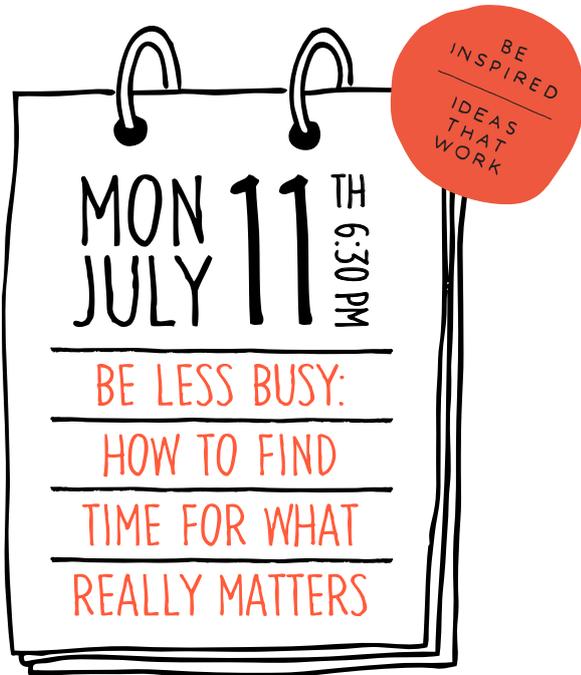
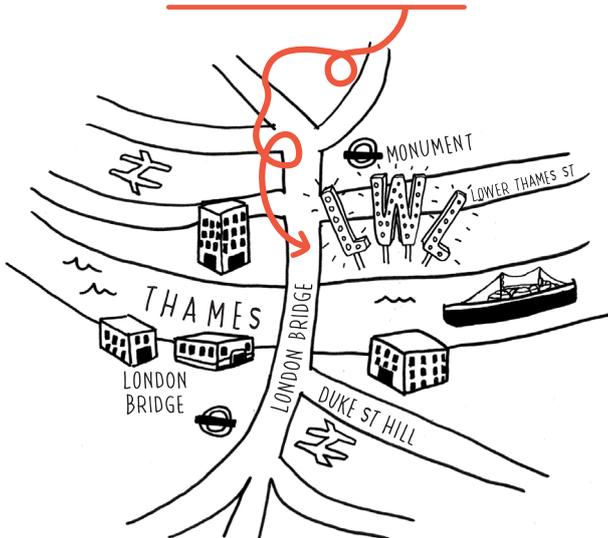


LIFE WITH LAW

Life With Law is a series of **FREE** talks offering inspiration and ideas for living a good, happy and satisfying life (whilst practising law)



GETTING HERE



Address

The Auditorium, Adelaide House, London Bridge, London, EC4R 9HA

-  Nearest tube station is Monument
-  Nearest train station is London Cannon St
-  Nearest bus stop is directly outside the Adelaide House, listen for the Monument station stop

TIMETABLE

6:00PM Welcome drinks

6:30PM Speakers begin

8:00PM Snacks (& more drinks)

SPEAKERS



Tom Chatfield
On 'How To Focus On What Really Matters'

Details of the talk

In a digital age where time and attention are becoming our most limited resources, what does it mean to live deep - and to focus on what really matters amid distractions? In an age of weightless, disposable digital products, this talk will help you live more fully.

Bio

Tom Chatfield is a leading writer, thinker and speaker on technology and digital culture. Having consulted for firms ranging from Google and Teach for All to SAGE and Mind Candy, he's now a prolific author. His most recent work is: *'Live This Book!'* (2015), a journal that asks readers to look again at their lives, habits, passions and fears. Tom is a TED Global speaker and a faculty member at Alain de Botton's School of Life.



Tony Crabbe
On 'How To Thrive In A World Of Too Much'

Details of the talk

How long did it take for you to reach for your first shot of email this morning? Clutching your phone, your day races past in a whirl of messages, tasks and meetings; racing and juggling you try and squeeze it all in. It's exhausting, all this frenetic busyness; but you have no other choice. Or so you think. Busyness isn't inevitable, it's not effective and it's not much fun. We just haven't stopped to figure out a different way of responding to all this information and demand. This session will provide practical strategies to help you to regain a sense of control; to focus and think better.

Bio

Tony Crabbe is a Business Psychologist who works with companies such as Microsoft, News Corporation, Disney and Salesforce. As a psychologist he focuses on how people think, feel and behave at work. His first book, *'Busy: how to thrive in a world of too much'* was listed as one of the top 3 leadership books in the world for 2016 by The Book Review Group. In addition, Tony is a contributor for The Times, Huffington Post and Quartz, and also speaks regularly on this area, for example, at a TEDx event in Amsterdam, and at The School of Life.

To book your place at this event please visit the [Life With Law website](http://LifeWithLaw.com) and register your details.

LIFE WITH LAW.COM