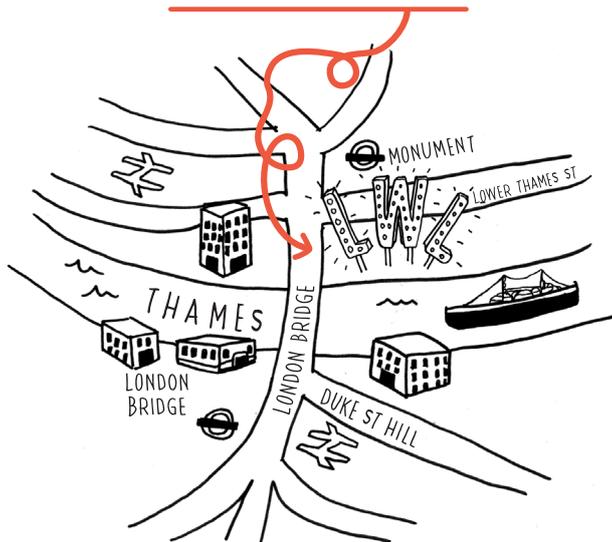


# LIFE WITH LAW

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

6:30PM Welcome drinks

7:00PM Speakers begin

8:30PM Snacks (& more drinks)

## SPEAKERS



**Ed Halliwell**

On 'What is mindfulness?'

### Details of the talk

This session will look at the history and current understandings of mindfulness, and offer an introduction to some key mindfulness practices. Ed will outline the state of the science of mindfulness, showing how it might help us in managing stress, cultivating well-being and developing effectiveness, both personally and professionally.

### Bio

Ed Halliwell is a mindfulness teacher and writer. He is co-author of *The Mindful Manifesto: How Doing Less And Noticing More Can Help Us Thrive In A Stressed-Out World* and author of the forthcoming *Mindfulness: How To Live Well By Paying Attention*. He is a member of the faculty of The School of Life, and is a frequent public speaker and media commentator on mindfulness-related topics. He is also co-director of The Mindfulness Initiative, which is supporting the All-Party Parliamentary Group on Mindfulness to develop mindfulness-based policies for the UK.



**Dr. Kate Hefferon**

On 'Flow: What it is and what we can do to get more of it'

### Details of the talk

Have you ever been 'in the zone'? Researchers call this state of optimal functioning: 'Flow'. Kate will explain what exactly flow is, when we have it, why it is good and what we can do to get more of it. This talk will explore how Flow can help you live in the present, produce well-being and progress personal development.

### Bio

Kate Hefferon (PhD) is a Chartered Research Psychologist and Senior Lecturer at the University of East London. She is the author of several papers and books including *Positive Psychology: Theory, Research, and Applications* and *Positive Psychology and the Body: The somatopsychic side to flourishing*. Kate has presented at numerous conferences nationally and internationally. Her research interests include posttraumatic growth, resilience, physical activity and embodiment.

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

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