



**WILD CPD**  
*WELLBEING FOR PERFORMANCE*

## Outdoor Risk Management CPD for solicitors to:

- ✿ Enhance health & wellbeing
- ✿ Support team working
- ✿ Improve performance
- ✿ Maintain Standards

✉ [info@wildcpd.com](mailto:info@wildcpd.com)



Wellbeing for  
Performance:  
**SOLICITORS**

**Risk Management  
CPD – 2 hrs**



- ✿ EDINBURGH, Norton House
- ✿ DUNDEE, Camperdown Park
- ✿ PERTH, Kinnoull Hill
- ✿ FIFE, Falkland Estate
- ✿ On-site options

**From £95 pp**  
**6-14 attendees.**  
**Packages available**

**Includes refreshments,  
reflective log & CPD certificate**



**WILD CPD**

WELLBEING FOR PERFORMANCE

## Learning Objectives

This innovative Risk Management CPD aims to enhance solicitors' wellbeing and performance using the Wellbeing for Performance Framework. It aims to develop an understanding of The Mental Health Continuum, the Dimensions of Wellbeing and the Human Function Curve.

Learning aims to be fun, active and practical for the development of personal wellbeing tools including outdoor games, movement and mindful practices supported by the Wellbeing for Performance Framework.

## Learning Outcomes

To reflect on and recognise how the Wellbeing for Performance Framework supports hybrid working, wellbeing and performance in legal practice to maintain the Standards for Solicitors.

To experience and actively practice personal wellbeing tools to support wellbeing and performance to maintain the Standards for Solicitors including green health activities, movement and mindful practices.



Clare is a former solicitor with Drummond Miller LLP and first Director of Education at the WS Society. She is the author of The Legal Brain (Law Society Journal 29<sup>th</sup> May 2024). Clare is the founding director of Wild Workforce CIC, a Mentally Healthy Workplace Trainer with Public Health Scotland and a Level 3 Forest Programme Leader