

THE PROGRAM

You might be aware that you do not feel yourself anymore or that you think about your emotions rather than feeling them, or even:

- 😞 you are not satisfied with your job and 😞 you are not able to say no,
- 🤖 work too much and ❤️ neglect your private life,
- 😞 do not sleep well and feel bad, if you do not work hard enough.

However, you might not realize that you are dissatisfied, because you look for happiness with products and services you can afford, or maybe you feel relief from everyday life, when you open up to your secret life, when no-one sees you.

Discretion and confidentiality are our main values and rules

During this event participants will learn how to:

- Bring out the most out of themselves,
- Learn how to cope with the blind spots of their mind,
- Prevent unhappiness,
- Support with awareness.

If you need a clear vision of your personal and professional life and want to improve both, you should definitely join this program about stress management and burn-out prevention. You will learn how to use your emotional intelligence for your private and business life: Embrace the change!



Who is the group leader?

Dominique Calcò Labbruzzo is a Swiss holistic lawyer with a 20 years background in law and a profound experience in group leadership, awareness, holistic life counseling, wellbeing and personal development for lawyers. She was born in Ticino, the Italian speaking part of Switzerland in 1979 and has studied law in Berlin, Germany. She has been admitted to the Swiss bar since 2009 and has been running her own law firm in Zurich since 2011. She is an educated mindfulness & leadership coach and kundalini yoga teacher. Thanks to her thirst for knowledge, her ability to autodidact learning and her significant creative and innovative approach, she developed her own holistic method for wellbeing. She is currently studying at Yale University the Science of Wellbeing.



Target Audience:

The workshops are open to lawyers, attorneys, trainees, auditors, judges, prosecutors and legal counselors, as well as law and PhD students and law professors.



Location:

Mindfulness Weeks for Lawyers Wellbeing at the renowned Zurich Yoga City School
BÄCKERSTRASSE 40, 8004 ZÜRICH

Languages:
German, English and Italian

You can book either a full week or a single class.

Questions? Contact

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SWISS MINDFULNESS WEEKS FOR LAWYERS WELLBEING

Special wellbeing program designed for lawyers by a holistic lawyer.



BECOME YOUR HAPPIEST VERSION!

WHY SUBSCRIBE?

I work intuitively and I direct the content according to the audience’s needs. This is why every class will be similar but different from each other, so it is definitely worthwhile attending these classes in one or several weeks in order to dig deeper into yourself and to learn tools for your personal development.

As a single person

- Integrate your body, mind and soul with a holistic method specially designed for lawyers by a holistic lawyer.
- Unfold the power of your mind and become your best version.
- Grow your network of legal professionals. We all face the same challenges at work and can support each other.

- » [stress management](#)
- » [burn-out prevention](#)
- » [brain wellbeing](#)

As a corporate identity and institution

- » [employee retention strategy](#)
- » [employee wellbeing](#)
- » [team building](#)

These are long term goals, which can be achieved if your employees join the classes regularly. They will achieve these benefits:

- Learn how to deal with emotions at work and become a smarter lawyer.
- Raise awareness of their hidden potential, more efficiently by achieving your goals faster and finding a balance between work and their personal lives.
- Improving the bond within the team.

Program

| Morning Class PREPARATION FOR THE DAY on Tuesday, Thursday and Friday | |
|--|---|
| 6:45 AM | Open doors. Time for changing dresses and getting ready. |
| 7:00 AM | Start. If you are late, you cannot enter anymore. |
| | <ul style="list-style-type: none">• Different meditation techniques, breathwork, embodiment, wisdoms for the day |
| 9:00 AM | End: time to get dressed and for private questions. |
| 9:15 AM | Doors close: feel the change! |
| Afternoon Class WELLBEING FOR LAWYERS on Monday and Wednesday | |
| 1:30 PM | Open doors. Time for changing dresses and getting ready. |
| 1:45 PM | Start. If you are late, you cannot enter anymore. |
| | <ul style="list-style-type: none">• With different perception exercises, including embodiment (body-mind awareness) as well as group discussions, you will learn techniques thanks to which you can improve your wellbeing.• In these workshops you have the chance to expand your network and perceive your world from a different perspective. You do not have to be afraid to expose yourself since I designed exercises, where the matters can be discussed anonymously. |
| 4:45 PM | End: time to get dressed and for private questions. |
| 5:00 PM | Doors close: feel the change! |

What to bring

Comfortable clothes, socks, paper, pen and water bottle. For the perception exercises in the afternoon, it would be helpful, if you could bring these optionals, if you have already at home one or more of these items: a blindfold or something else like a cloth, silk scarf, hand fan, feather, small instruments such cymbal, drum, tuning fork; essential oils.

DAY PREPARATION FOR LAWYERS

| | | |
|---|------------------------------|--|
| 6:45 AM -8:45 AM | Tuesday, Thursday and Friday | 1 class: CHF 125 for students: CHF 90 |
| September 6th, 8th, 9th, 27th, 29th, 30th | | |
| October 4th, 6th, 7th | | |
| November 1st, 3rd, 4th, 8th, 10th, 11th, 15th, 17th, 18th | | |
| December 13th, 15th, 16th, 20th, 22th, 23th 2022 | | |

WELLBEING FOR LAWYERS

| | | |
|--------------------------------------|----------------------|---|
| 1:30 PM - 5:00 PM | Monday and Wednesday | 1 class: CHF 365 for students: CHF 190 |
| September 5th, 7th, 26th, 28th | | |
| October 3th, 5th, 31th | | |
| November 2nd, 7th, 9th, 14th, 16th | | |
| December 12th, 14th, 19th, 21th 2022 | | |

TRIAL PACKAGE

| | | |
|---|--|---------------------------|
| 1 morning and 1 afternoon class of your choice | | 2 classes: CHF 265 |
| 6:45 AM - 8:45 AM AND 1:30 PM - 5:00 PM | | |
| Calendar weeks 2022: 36, 39, 40, 44, 45, 46, 50 or 51 | | |

1 WEEK WITH 5 CLASSES

| | | |
|---|--|---|
| 3 morning classes (Tuesday, Thursday and Friday) and 2 afternoon classes (Monday and Wednesday) | | 1 week: CHF 1050 for students: CHF 550 |
| 6:45 AM - 8:45 AM / 1:30 PM - 5:00 PM | | |
| Calendar weeks 2022: 36, 39, 40, 44, 45, 46, 50 or 51 | | |
| 1 week with all classes includes 45 minutes one-on-one counseling (video-call) after the one week course | | |
| student price: 1 week includes 30 minutes one-on-one counseling (video-call) after the one week course | | |

In order to participate, you have to book at least 24 hours in advance by writing an email to calco@holistic-law.com and paying with Twint, PayPal or Revolut.

Terms & Conditions: No refund, if you cancel one class. Nevertheless, I am open to offer alternatives as a gesture of goodwill. If I cancel, I will offer you an alternative for the value you paid. Covid19: Everyone is responsible for himself and for others: I ask you to follow the rules of the BAG, i.e. do not come if you have symptoms. You are welcome to bring and wear a mask, especially for some exercises. Afterwards consider disinfecting your hands. Due to Covid19, the course may take place online.