

Make Spring Your Most Positive Season



Enthusiasm is Contagious

We all want to work around people who are enthusiastic. A positive and enthusiastic attitude is a critical component of workplace success. So how do you maintain real enthusiasm when stress and day-to-day job strain become overwhelming? Don't see enthusiasm as a temporary state of mind or dependent on others. Instead, recognize enthusiasm as a part of your personality and a resource that helps you cope with stress and positively influence your environment.

Don't Fear Criticism in the Workplace

It's easier to give criticism than to accept it. However, openness to criticism can help advance your career. Make accepting criticism easier by understanding that defensiveness is like a "mental reflex." It naturally rejects criticism. To master this impulse, recognize that everyone feels defensive when criticized. Practice being welcoming to criticism. The result is personal growth, improved performance, and a growing reputation as an outstanding, approachable attorney.

Empathy: Happier Clients, Less Stress

Strong communication skills are essential to a successful and lasting attorney-client relationship. The failure to provide clear, concise and empathetic counsel to clients more often than not leads to lack of trust and misunderstandings. Empathy helps those with whom we interact feel heard. Through active listening, empathetic lawyers can bolster their clients' trust and more effectively open lines of communication.

Stay Pumped about Your New Year's Resolution

Don't consider your resolution a loss if you've had a few setbacks. Take this time to refocus and determine your next steps to get back on track towards your goals. When working towards your resolutions, always remember it's about progress not perfection. Take time to celebrate the mini-victories along the way. Doing so will help motivate you to accomplish the next step, and you will make each resolution a reality before you know it!



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