

# *The Lawyer Happiness Factor: Applying Science to Enjoy Law School and Beyond*



*featuring*

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*Founder, Castro Jacobs  
Psychotherapy and Consulting*

This workshop challenges how we as law students and lawyers approach our legal careers. Going far beyond the well-worn trope of work-life-balance, it combines well-established neuroscience, groundbreaking studies, and in vivo science-based exercises, equipping you to play a proactive role in cultivating and maintaining your career satisfaction while pursuing professional ambition.

In this program you will learn:

- What factors do and don't predict happiness and satisfaction in law school and your future legal career, and the psychology behind them.
- How to identify your unique criteria for happiness and satisfaction.
- Tools and techniques to proactively cultivate happiness and satisfaction now in law school and throughout your legal career.

## **Wednesday, March 9**

12:00 – 1:00 p.m. | RB 180

Lunch will be provided.



**Be Well**

*Northwestern Pritzker  
School of Law*