

## Event

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06/06/2024

### NGE Hosts Program About Well-Being in the Legal Workplace

On June 5, NGE hosted the clinical director and founder of Chicago Psychotherapy, Caroline Adelman, PhD, for an insightful program discussing factors that impact the mental health of legal professionals. She highlighted the challenges we are facing in this current landscape, explained the importance of emotional intelligence and shared tips to develop psychological safety in legal teams. Dr. Adelman provided us with concrete examples of human-centered practices we can employ to foster the well-being of ourselves and others.

At NGE, we are committed to fostering an environment that promotes the well-being of all attorneys and staff.

[Click here to learn more about our commitment to wellness in the workplace.](#)

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