

Staying Well in the Law: Beating Burnout and Booze before it beats you

Wednesday 26 April 2023 – 12.30pm – 1.30pm



Isabella Ferguson

Registered Counsellor & Alcohol Master Coach

Isabella's first career as Special Counsel in large law firms gave her a concrete understanding of the reality and stresses involved in trying to find a healthy balance when working in the corporate world. That experience, along with her related public speaking skills, counselling qualifications, extensive alcohol coaching certifications, crisis supporter training with Lifeline and busy burnout and alcohol reduction practice make her uniquely qualified to present on burnout and alcohol issues facing professionals.

Isabella has also personally suffered from burnout and an alcohol use disorder, both of which contributed to her leaving the law in her early 40's. Isabella now heads a busy counselling practice helping lawyers (and others) who find themselves in this position to regain balance. She has created The Alcohol Revolution course an online program that helps individuals drink less and regain balance. Isabella has "been there", understands the demands of the legal workplace and what burnout and booze can do to put all that you have worked for at risk.

Isabella also hosts the She's Sober Sydney! Podcast, supports parents talk to their kids about alcohol and is a program counsellor with the Raise Foundation.



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