

# Staying Well in the Law - Mental Health and Wellness in the Law: How to remain calm during change

Tuesday 17 October 2023 – 12.30pm – 1.30pm



## Christopher Paterson

**Business Advisor, Director and Board Member, Stephenson Mansell Group**

With a background in business psychology, Christopher understands the neurological and behavioural variables that facilitate sustained success and the barriers that get in our way. Armed with this knowledge, he has dedicated his 27+ year career to consulting and coaching in Australian, European, US and Asian markets across industries including law and professional services.

Since 2009, Christopher has focused on wellness@work® and how our understanding of neurology, biology and psychology can provide practical tools to be at our best at work and in life.



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OF NEW SOUTH WALES