

PROFESSIONAL AND PERSONAL
Avoiding Ethical Dilemmas
Why Happiness is Not Enough: How I Found Meaning in Life

Speaker: KENNETH LAWSON

This lecture will focus on how demanding professional practitioners avoid ethical problems in their areas of practice. The talk will begin with Mr. Lawson sharing his legal background, his story of alcoholism and addiction while practicing law, and the after effects and consequences.

The discussion will include information from Mr. Lawson's experience and research on statistics regarding lawyers and depression, substance abuse and suicide, such as:

- According to a John Hopkins study out of 105 professions lawyers topped the list for major depression.
- One in four suffers psychological distress from feelings of inadequacy, inferiority, and anxiety.
- Lawyers are depressed at a rate 3.4 times higher than employed persons generally.
- Lawyers are twice as likely to commit suicide as ordinary folk in the population.
- One out of five of us are alcoholic.
- Substance abuse for lawyers is twice the national level.

The goal of this lecture will be to educate busy professionals on how to avoid potential business and personal problems by maintaining a healthy emotional and mental lifestyle.