**POLLING QUESTIONS**

*Wellness in Law: Finding Harmony Between Personal and Professional Performance*

Please load each question as a separate and individual poll. Please title the poll with the slide number and poll/hypo number.

If you need assistance adding the poll in zoom, please visit [Conducting Polls in Meetings](https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0066150).

Conducting Polls in Teams [Conducting Polls in Teams](https://support.microsoft.com/en-us/office/poll-attendees-during-a-teams-meeting-9923b7d4-ea97-4aa2-b8b8-b45fefe7d454)

**SLIDE 3-poll #1**

On a scale of 1 to 5 how would you rate your current level of stress and burnout? (1-low, 5-high)

1. 1
2. 2
3. 3
4. 4
5. 5

**SLIDE 11-poll #2**

To what extent do you believe that burnout affects your professional competence?

1. Significantly
2. Moderately
3. Occasionally
4. Not at all

**SLIDE 13-Hypo #1**

Based on Mark’s experience, which aspect of emotional well-being do you believe is most crucial for a litigator to maintain high performance and client satisfaction?

1. Recognizing Emotional Triggers
2. Developing Emotional Resilience
3. Enhancing Emotional Intelligence
4. Practicing Mindfulness and Stress Reduction

**SLIDE 17-Hypo #2**

Jane, a corporate attorney, initially believed that her legal competence depended only on her knowledge of statutes and case law. After attending a CLE event that promoted intellectual exploration, she started reading books outside her field and engaging with diverse thinkers.

How did this change in approach impact her effectiveness as a lawyer?

1. It had no impact, as legal competence is strictly based on knowledge of the law.
2. It led to confusion and a decline in her legal performance due to information overload.
3. It enhanced her ability to solve legal problems by introducing her to new perspectives and ideas.
4. It distracted her from her legal duties and decreased her overall effectiveness.

**SLIDE 28-poll #3**

Which aspect of well-being do you find most challenging?

1. Physical wellness: nutrition, exercise, sleep hygiene
2. Mental wellness: mindfulness, cognitive strategies, seeking support
3. Work-life integration: setting boundaries, time management