


WELLBEING IN LAW: Schedule a *moving, illustrated talk* about a catastrophic **breakdown**, *featuring drawings* made in psychiatric hospital by best-selling author and *Financial Times* writer



As seen at Slaughter and May, Freshfields, Mishcon de Reya, Clyde & Co, Macfarlanes, Linklaters and many other top-50 firms

 **WELLBEING LEADS:** Book now for Mental Health Awareness Week, Suicide Awareness Week, and other key dates



WHAT IS THIS?

A one-hour talk online or in person, about what led to a breakdown, eight weeks in hospital - and gradual recovery.

The talk is illustrated with drawings I made at the time.

I share my story honestly, and anyone can ask me any question- I will answer if I can.

This opens up a firm-wide conversation about wellbeing, so participants seek help if they need it.

You will provide real support, and you'll be seen to provide it.



TESTIMONIALS 🙌🙌🙌

- What you said will definitely help people - *Participant, Linklaters*
- A talk that everyone needs to hear - *Organiser, Mishcon de Reya*
- I was the one at the back, sobbing and snotting - *Participant, City law firm*
- Can't recommend highly enough - *Organiser, Magic Circle firm*

SPEAKER: JOHN-PAUL FLINTOFF, author of 7 books in 16 languages

EMAIL NOW: office@flintoff.org or call Harriet Green 07702597228