

2024/25

Legal | Mind

Science-informed growth and development programmes for the legal profession.



Grow Daily

Our Mission: To support individuals and organisations achieve sustainable wellbeing through intentional actions developed from science-informed interventions.

Grow Daily is a leading provider of specialised training and professional learning dedicated to advancing sustainable wellbeing. Our expert team specialises in science-informed interventions, empowering individuals and organisations for holistic and evidence-based growth.

Our distinctive edge is our commitment to action. We believe in the power of doing, combining our experiences with a depth of expertise to provide a uniquely effective approach when we consult, coach and connect. This ensures that our programmes and guidance are not just theoretical but rooted in the reality of proactive, meaningful and intentional actions, setting us apart in the pursuit of personal and organisational growth and transformation.



Legal | Mind



Science-informed growth and development programmes for the legal profession.

Our Legal | Mind programmes are science-informed and client-focused incorporating expert insight, extensive experience, and expertise. These programmes provide actionable steps to enhance growth and wellbeing at both individual and organisational levels.

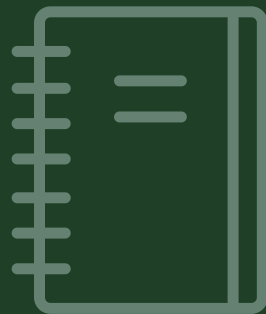


Stepping Through Programme

8

x 90 minute workshops
Small groups
In person or online

Individual Workbook
and additional resources
available



Online Community
of like minded learners



Expert Facilitators
and speakers



Stepping Through is designed to support Junior lawyers to develop effective and intentional daily habits, build practical wellbeing skills, and enhance connection with peers through a series of group-based workshops, developed to support the transition from university to the practice of law.

Designed for practitioners 1-6 years PQE

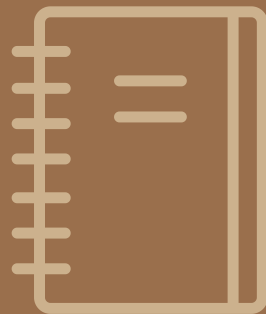


Stepping Forward Programme

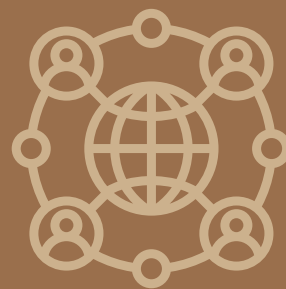
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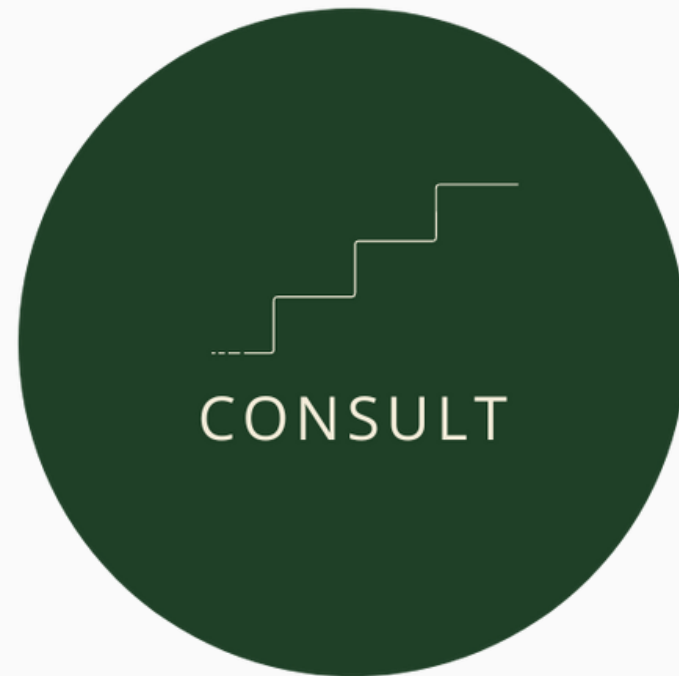
Stepping Forward is a preventative initiative designed to promote resilience and enhance lawyer wellbeing in Aotearoa, New Zealand, through actionable, science-informed steps.

Stepping Forward is an opportunity to develop an understanding of the wellbeing science, and promote skill acquisition and development of effective and actionable tools to support positive-coping relevant to the work environment and generalisable to other life domains.

Designed for lawyers & barristers
6 years+ PQE



How do you want to learn?



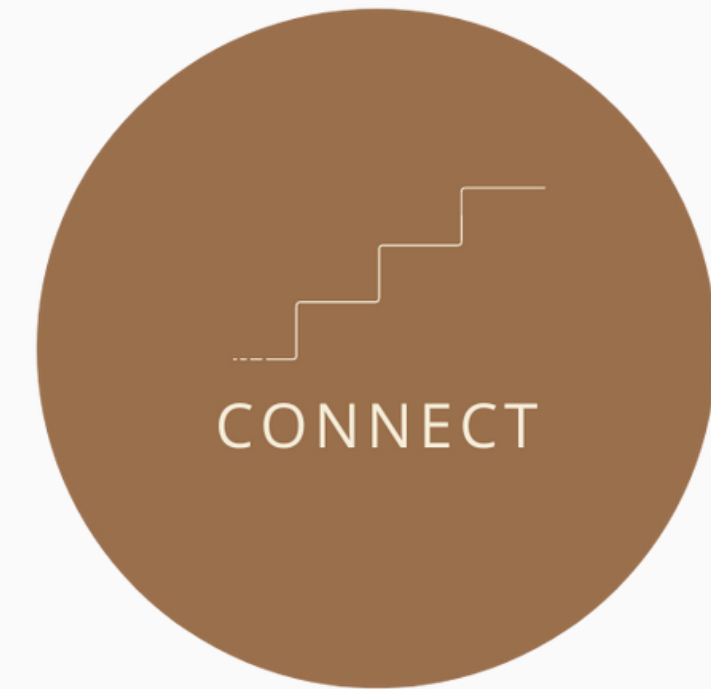
Join the Grow Daily facilitators and participate in interactive, in-person learning with others.

- In-person
- Stepping Through
- Stepping Forward
- Tailored Programmes & Workshops



Engage with a Grow Daily coach for personalised support and guidance tailored to your needs.

- One-on-One Coaching
- Supervision



Complete our Legal | Mind programmes in your own time online, implementing your learnings with each new day.

- Self-Directed Learning or Hybrid approach
- Online Community



Talk with us

For all enquires and to register for our 2024 cohort

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