THE DUBLIN SOLICITORS BAR ASSOCIATION
CONTINUING PROFESSIONAL DEVELOPMENT SEMINAR
IN HOUSE COMMITTEE WEBINAR

THE WELL ORGANISED LAWYER, BUILDING RESILIENCE, WELLBEING AND EFFICIENCY.

10th of December 2026
12.30pm to 2.30pm
Remotely by webinar

The Regulated Lawyer: Supporting Wellbeing and Performance Under Pressure. Drawing on psychological frameworks and the realities of in-house legal practice, this session explores how solicitors can recognise their responses to stress, develop practical self-regulation skills and strengthen the individual and workplace scaffolding that support wellbeing, effectiveness, and sustainable high-impact performance. – Bronagh O'Neill & Mary Duffy, Law Society of Ireland.

Becoming comfortable in the uncomfortable – Practice tips to manage professional demands and personal well-being- Graham Kenny, Solicitor.

Don't Make It Lawkward: Why Admitting You Need Help Won't Ruin Your Legal Career – Brian Conroy, In House Counsel, Kerry Group.

SPEAKERS

Bronagh O'Neill is Head of Psychological Services at the Law Society of Ireland and a qualified Group Analytic Psychotherapist. **Mary Duffy** is a Psychological Services Executive, Chartered Work and Organisational Psychologist and yoga teacher. Law Society Psychological Services develop and deliver psychologically informed services and programmes supporting solicitor wellbeing, workplace culture and sustainable professional practice, working with individuals, legal teams and legal workplaces across the profession.

Graham Kenny is a solicitor advocate and principal of his own firm, with over 25 years' experience representing leading domestic and international companies before Ireland's Superior Courts. He is also qualified in England & Wales and New York.
He serves on the Law Society Council and its Litigation and ADR Committees. A Fellow of the Chartered Institute of Arbitrators and CEDR-accredited mediator, Graham studied at UCD and Worcester College, Oxford. His board experience includes directorships with several prominent organisations, including Tuath Housing, Ireland's largest provider of social housing.

Brian Conroy is Senior Commercial Counsel at Kerry Group, despite never wanting to be a solicitor to start with. Before Kerry Group, he worked in small, medium, large and boutique private practice firms. Brian has also spent a number of years working in radio and television and is a qualified hypnotherapist (which is, by some distance, the thing people want to know most about). He was recently elected as a Council member of the Law Society of Ireland.

WEBINAR CHAIR

Kevin O'Higgins is a Director and In-House Legal Counsel for KPMG Ireland, where he advises the firm across a broad range of legal, regulatory, and commercial matters. He is a member of the DSBA Council and the DSBA's In-House Committee. Kevin also serves on the Board of Mental Health Reform.

Conference Information

Date: 10th December 2026
Time: 12.30pm to 2.30pm
Location: **VIA WEBINAR**
Log in details will be emailed to all participants

Fees: €130.00 Member
€250.00 Non-Member (includes DSBA membership for 2027)

CPD: **2 Hours Professional Development and Solicitor Well-Being**

Conference Registration Form (In House)
Please complete the registration form below and send this with your payment to:-
Anna Healy, Dublin Solicitors Bar Association, First Floor, 7 Dawson Street, Dublin 2

Surname _____

First Name _____

Firm/Organisation _____

Address _____

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Telephone _____ Fax. _____

Year of Admission _____ DX _____

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CONFIRMATIONS
Booking confirmations will be issued to all delegates by e-mail or fax prior to the seminar. Please present your booking confirmation at the seminar registration desk.

CANCELLATIONS
Cancellations must be received in writing. For cancellations received 5 working days or less prior to the event, the attendance fee is non refundable.

DISCLAIMER
It may be necessary, for reasons beyond the control of the conference organisers, to alter the content and timing of the program or the identity of the speakers.

For Additional Information contact:-
Anna Healy – Tel.: 01 6706089 – E-Mail: anna@dsba.ie **– Web: www.dsba.ie**