



# *IN SIGHT* for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

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## TAKING CONTROL OF YOUR CAREER

In September, the OAAP presented a half-day CLE in Portland entitled, "Taking Control of Your Career." The seminar featured Kathy Morris, JD, director of the ABA's Career Resource Center in Chicago and author of two handbooks for lawyers: *Objection Overruled: Overcoming Obstacles in the Lawyer Job Search* and *Direct Examination: A Workbook for Lawyer Career Satisfaction*.

Kathy opened the seminar by persuasively stating that job and career satisfaction do not occur by accident. She noted that in order to achieve job and career satisfaction, lawyers must clarify their professional goals and personal needs. They must also assess the skills they have and whether they want to use them or acquire new skills. She drew on her years of experience as a lawyer and career counselor, provided an overview of the self-assessment process, and discussed the barriers that lawyers frequently confront while considering changing jobs or careers.

In the second part of her presentation, Kathy highlighted a variety of potential career paths for lawyers in traditional law, law-related, and non-law alternative work settings. She identified strategies and resources for conducting the lawyer job search. She also provided tips and suggestions for drafting effective cover letters and resumes.

Kathy concluded the seminar by moderating a panel of lawyers who shared personal experiences and insights from their job and career transitions.

"Taking Control of Your Career" will be presented in Salem, Eugene, Medford, and Bend. The program will include the video-taped "Taking Control of Your Career" CLE that was presented in Portland on September 20, 2004, and will also include a live presentation on the self-assessment process. If you live near Salem, Eugene, Medford, or Bend – watch for a registration flyer. If you would like a video replay in a city near you, call the OAAP at 503-226-1057.

You can also order a DVD, video, CD, or audiotape of the program at [www.osbplf.org](http://www.osbplf.org). Click on Loss Prevention Material, CLE Audio Programs, or CLE Video Lending Library. Program materials include *Objection Overruled: Overcoming Obstacles in the Lawyer Job Search*. The program qualifies for 3.5 personal management MCLE credits.

The OAAP also offers career satisfaction workshops that meet one evening per week for six consecutive weeks. For more information about these workshops and other career satisfaction assistance, call Mike Long or Shari R. Gregory at 503-226-1057.

Mike Long  
OAAP Attorney Counselor

### OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057  
1-800-321-OAAP  
[www.oaap.org](http://www.oaap.org)

#### Lawyers Helping Lawyers

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- Career Change & Transition
- Gambling Addiction
- Mental Health
- Procrastination & Time Management

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