



BUILD RESILIENCE, EMPOWER MINDS

These specialized modules have been tailored to meet the unique needs of law students aiming to empower them with indispensable life and mental health competencies crucial for navigating the demands of complex legal practice.

Recognizing the unique challenges of legal education, participants will acquire the skills necessary to effectively manage stress, anxiety, and other complex challenges. They will gain expertise in building resilience, fostering positive thinking, regulating emotions, and adapting to ever-changing circumstances. These acquired tools will equip them to not only excel academically but also to thrive in today's dynamic and demanding academic landscape.

TAO's educational content has been meticulously developed by experienced psychotherapists, offering evidence-based skills training to clients. This resource has been actively serving learners across the continent since 2014.

The integration of these sessions into curriculum is a strategic move that accomplishes several essential objectives:

- Teaches life skills to support a successful academic career

- Removes stigma where required of all learners
- Attaches learners to the self-help side of TAO

- And provides anonymous online access without ad MCID 10>BDC q0.0000092

ACCESSING THE FREE MODULES

TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO Includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals.

How to Register for TAO?

1. In your browser window, navigate to <https://us.taoconnect.org/register>
2. Enter First Name, Last Name, and your school email address, using @mymail.nku.edu
3. Leave the 'Enrollment Key' field blank.
4. Click Sign MO 61711(i)-gn)10(MO 6171)5(ss))TETQ0.0G[)]TETp.9 4483Tm

This module delves into the multifaceted aspects of stress, offering students the knowledge and tools to not only cope with its challenges but also to thrive in their legal careers.

What is Anxiety? (15 minutes +/-)

After completing this session, you will be able to:

- Differentiate typical and problematic anxiety
- Recognize the physiological processes associated with anxiety
- Identify practices that exacerbate anxiety

The Cognitive Response System (15 minutes +/-)

This module is crafted to empower law students with essential communication skills that transcend the traditional boundaries of legal discourse.

Communication Strategies (20 minutes +/-)

After completing this session, you will have learned:

- Learn strategies to communicate more effectively

- Learn about 'I feel' Statements

- Learn about Listening-Reflecting (Listening to something and paraphrasing)
- Learn about communicating clearly online

