

Busy, Busy, Busy — Toxic Productivity in Law; How Does it Happen and How Can We Find a Way Beyond it?

Webinar Resource List

Resource	Overview	Author	Source
‘Busy, busy, busy’ – Toxic Productivity in Law; How Does it Happen and How Can We Find a Way Beyond it?	This slide deck was presented in the webinar, containing information and approaches to finding contentment.	Annmarie Carvalho	Law Society of Alberta
Busy Isn’t Respectable Anymore	This article explains why busyness isn’t all it’s cracked up to be and outlines an experiment for resisting the busy mindset.	Tyler Ward	Law Society of Alberta
How Toxic Productivity Is Harming Your Health And How To Find Balance	This article explores what toxic productivity is, why we feel the need to be busy all the time and how to get off the hamster wheel.	Jess Cording	Forbes
If You’re So Successful, Why Are You Still Working 70 Hours a Week?	This article discusses how our insecurities fuel the need to overachieve.	Laura Empson	Harvard Business Review
Leading Professionals: Power, Politics, and Prima Donnas	This book uncovers the complex, messy and surprisingly emotional challenges of leading professional organizations.	Laura Empson	
Let’s End Toxic Productivity	This article discusses the stigmatization of rest and the role leadership plays in breaking the cycle.	Jennifer Moss	Harvard Business Review
The Creative Lawyer: A Practical Guide to Authentic Professional Satisfaction	This self-help and career-management book provides a step-by-step method for imagining and realizing your path to personal and professional satisfaction.	Michael F. Melcher	