



Davidson Centre for the Professions builds and sustains excellence for practitioners of the traditional vocations of law, medicine, ministry, and public service through advanced, integrative programs designed to strengthen professional and personal success.

The center is located in the historic college town of Davidson, North Carolina – within the Charlotte metropolitan area.

To make reservations for the Attorney Program, or for further inquiries, please contact us.



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LAW

THE ATTORNEY PROGRAM

Excellence in law is sustained by professionals who are intellectually, physically, emotionally, and spiritually healthy.





Davidson Centre for the Professions is a nationally and internationally recognized center that serves individuals in the traditional vocations of law, medicine, ministry, and public service. Founded in 2003, we offer unique, targeted, and integrative programs to build resilience, health, and self-care for professional and individual success.

The center's staff has extensive experience working with highly trained professionals, bringing together the best practices of established, creative, and successful initiatives.

THE ATTORNEY PROGRAM

The Attorney Program includes an on-site, five-day experience with follow-up Professional Coaching.

Located in the college community of Davidson, North Carolina, we provide a welcoming, comfortable place apart from the normal distractions and interruptions of everyday life. The program's skilled and accredited leaders provide tools to build stronger resilience, health, and wholeness.

PROGRAM OBJECTIVES

- **Coach successful attorneys to develop resiliency** to become more effective in their profession
- **Advance leaders toward a healthier balance** between work, family, self-care, and community

- **Increase loyalty and retention** of highly recruited and valued professionals
- **Teach healthier strategies for dealing with high degrees of natural stress** produced in the legal profession, where individuals strive for professional achievement as well as fidelity to their original vocational calling
- **Coach attorneys to evaluate their own life- and career- satisfaction**
- Provide specific resources to **help lawyers envision and attain their future path**

PROGRAM OVERVIEW

Group size is limited so each person can engage fully in afternoon seminars and have essential one-on-one time with leaders.

Throughout the week, participants receive:

- Daily individual consultations
- Daily seminars
- Initial fitness assessment
- Daily individual fitness training
- Individual spiritual direction
- Nutritional assessment
- Lab tests (optional)
- Goal-setting consultations
- Professional Coaching with follow-up services



The Davidson Centre for the Professions is centrally located in the pedestrian-friendly village of Davidson, North Carolina.