

BUSINESS & CAREERS

What starts as a stress release can lead to addiction

Addiction

Continued From Page 25

addicts, to obtain sexual pleasure.

The effects of a sexual addiction on personal relationships, family life and an individual's own well-being can be truly devastating. The stigma associated with a sex addiction is a real barrier in seeking help, which is why it is important to share facts and not pass judgement when discussed.

Another newer addiction that has been known to raise a few eyebrows is a shopping addiction. Again, this behaviour is seen as normal, fun and often luxurious. The old phrase "retail therapy" is a sign, however, that shopping can be used to relieve stress and escape

problems. Like a sex addiction, shopping becomes problematic when it is a compulsive need rather than a fun activity, and other aspects of an individual's life are brushed aside to fulfill this need. Shopping addictions can easily lead to financial, family and personal problems. Other problematic behaviour such as hoarding may accompany a shopping addiction as well.

Compulsive sex and shopping are just two examples of behaviours that lawyers may use to cope with stress. If an individual is equipped with other positive coping skills, these behaviours may not present a problem whatsoever. It is when the stress on an individual is great (and we all know law-

“

The old phrase "retail therapy" is a sign, however, that shopping can be used to relieve stress and escape problems. Like a sex addiction, shopping becomes problematic when it is a compulsive need

yers have their fair share of stress) and her/his ability to cope with stress is weak that problems may arise, and these seemingly innocent behaviours can turn into compulsions. Lawyers who feel they may be developing compulsive behaviours are encouraged to seek help early, by getting in touch with their provincial lawyer assist-

ance program or talking to another professional. There are many ways to get help, including participating in a peer support program offered by the Alberta Lawyers' Assistance Society and other lawyer assistance programs in Canada.

Keeping a constant check on your stress levels and ensuring that you have positive coping skills

is necessary for lawyers to stay happy and healthy. We can't make stress and other personal problems go away, but together we can help individuals affected by addictions and mental health issues by keeping an open mind, staying informed—and most importantly—staying in tune with one's own physical and mental health, and ensuring you are coping with stress in a positive way. ■

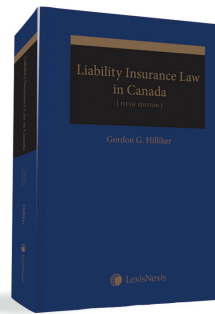
Anna Greczmiel is currently a law student at the University of Calgary and is working as a summer student with the Alberta Lawyers' Assistance Society, a charity that provides confidential help to lawyers, law students and their families.

Butterworths®

Liability Insurance Law in Canada, 5th Edition

Gordon G. Hilliker, Q.C.

New Edition!



\$185 + tax
Approx. 470 Pages
Hardcover | August 2011
ISBN: 9780433465256

Now going into its 20th year, this fifth-edition treatise on liability insurance law has been updated to cover over 200 new insurance cases since the previous edition. Written by renowned insurance law expert, Gordon G. Hilliker, Q.C., this work has long been referred to by lawyers and judges at every level, including the Supreme Court of Canada. This influential treatise belongs on the book shelf of every insurance law practitioner.

Book Features

- Covers every aspect of liability insurance (except automobile), from general principles of insurance and insurance contracts to specific clauses and types of policies
- Expert commentary on insurance legislation and the latest insurance law decisions, including the recent landmark Supreme Court of Canada case, *Progressive Homes v. Lombard General Insurance Co.*
- Concisely analyses insurance jurisprudence, with insightful observations on how the case law might be interpreted and applied
- Examines relevant U.S. jurisprudence which might be used to fill gaps in Canadian jurisprudence
- Highlights the similarities and differences between the legislative regimes of each province

Order Today! Take advantage of the 30-Day Risk-Free* Examination. Visit www.lexisnexis.ca/bookstore or call 1-800-668-6481

Please quote Reservation Code 3306 when ordering.

 LexisNexis®

† Pre-payment required for first-time purchasers.

Price and other details are subject to change without notice. We pay shipping and handling if payment accompanies order.

LexisNexis and the Knowledge Burst logo are registered trademarks of Reed Elsevier Properties Inc., used under licence. Butterworths is a registered trademark of Reed Elsevier (U.K.) Limited and its affiliated companies. Other products or services may be trademarks or registered trademarks of their respective companies. © 2011 LexisNexis Canada Inc. All rights reserved.

Thoroughly prepare for a job interview

Interviews

Continued From Page 24

substantiated and, more importantly, if they're not delivered."

If projections are requested, base them on your experience and support them with facts, said Bongard. "You want to be realistic and not pie in the sky."

For older lawyers who have not been in the job market for a while, it is advisable to do a quick refresher. "Consider having some practice trial runs with trusted colleagues or family members," said

“

It would be a good idea to review the firm's press room to find out the latest news and background on the company.

Ohnjec. "This will help in not being caught off guard during the actual interview, and most importantly, be prepared. Preparation and confidence are surely major components to the success they've had in their careers, and they should see being successful in an interview as requiring those same key elements."

"Senior lawyers should also consider that although in most occasions the interviewer will be another senior lawyer, it is possible that someone more junior than the candidate may be sitting in on or even conducting the first interview," he added. "Be prepared for that possibility and don't be put off or offended if that happens."

Younger lawyers need to do their homework as well. "Make sure you can describe how your

skills and experience match the requirements of the open position," said Ohnjec.

"The hiring manager will more than likely ask you a host of standard questions such as 'Why do you want to work for this firm?' and 'What makes you right for this role?' Practice your responses to these queries with a friend at home so you can provide clear and concise answers."

Appearance is also important. "It's always better to come overdressed," said Bongard. "There is no reason to cut corners."

Being well-suited sends an important message about the time and effort you put into the interview. "Even if you're interviewing with a company that has a more casual dress code, it's always better to be slightly overdressed than underdressed," said Ohnjec.

It's equally important to avoid the common pitfalls. These include not listening and interrupting. "Being very respectful is critical," said Bongard.

Tactfulness runs to not ranting and raving, Ohnjec pointed out. "Criticizing former employers only makes you look bad. Even a mildly sarcastic quip can raise red flags, so when in doubt, take the high road."

Under-preparation is another no-no. "Do your research," said Bongard. "Don't ask the obvious questions that could be answered on a firm's website. The more insightful the question, the more impressive."

"Candidates should always visit a company's website before contacting them," said Ohnjec. "It would be a good idea to review the firm's press room to find out the latest news and background on the company, and search the Internet for articles written about the business."

This way it's not only the country's job prospects that are rosier, yours are as well. ■

Don't bring a bird, or sister, to the interview

In the race to stand out from the crowd, job-seekers have gone overboard. Some have lost the opportunity for employment, and left interviewers scratching their heads. Here are some of the weirdest and wackiest interview blunders according to Robert Half, the world's largest specialized staffing firm, which frequently conducts surveys of hiring managers and workers.

- "A job applicant came in for an interview with a cockatoo on his shoulder."
- "The candidate sent his sister to interview in his place."
- "One candidate sang all of her responses to interview questions."
- "When asked by the hiring manager if he had any questions for him, the candidate replied by telling a knock-knock joke."
- "One candidate handcuffed himself to the desk during the interview."
- "When asked by the hiring manager why she was leaving her current job, the applicant said, 'My manager is a jerk. All managers are jerks.'"
- "I interviewed someone who had a jawbreaker in her mouth during the entire interview."
- "One individual said we had nice benefits, which was good because he was going to need to take a lot of leave in the next year."
- "The applicant told me he really was not interested in the position, but he liked that we allowed for a lot of time off."

To help applicants put their best foot forward, Robert Half recently launched a website, www.roberthalf.com/dont-let-this-happen-to-you, with light-hearted videos depicting interviews that have gone awry along with tips for avoiding common blunders.

