

September/October 2015

## Goodbye Summer, Hello Fall!

### Fall is officially upon us!

The fact that Halloween is looming around the corner means that Thanksgiving, Christmas, and even the New Year are not that far off - which frankly, scares clients a lot more than a witch or ghost might. Here are some general reminders and conflict resolution tips to help you with the added holiday stress.

### Conflict Resolution Tips

#### 1. *Respond from a place of peace*

Easier said than done but responding from anger only makes the situation worse for everyone involved.

#### 2. *Acknowledge and elaborate*

Using terms like "I hear what you are saying and this is how it makes me feel" can acknowledge that you were listening and you are understanding.

#### 3. *Be willing to step away without disrespect*

If both parties have made their feelings and suggestions clear, even without immediate resolution, it's okay to call a cease-fire. Understanding that stepping away can let everyone process what was said better than when emotions flare.

### Reflections Framed 2015

#### A Celebration of Military Service Past & Present

Have your veteran friend or loved one submit the criteria below by October 19th to Betsy at the Wheaton Public Library. They receive a custom framed memento as well as a digital archive of the memory. Provide:

### Upcoming Events

#### September 30, 2015

Lawyers Lending a Hand Project - MSHV  
Wheaton, IL  
*Starts at 5:00 PM*

#### October 14, 2015

KCBA - Family Law Committee Meeting  
St. Charles, IL  
*Starts at 12:00 PM*

#### October 16, 2015

ISBA - Annual Gala  
Chicago, IL  
*Starts at 6:30 PM*

#### October 20, 2015

DCBA - Family Law Section MCLE Meeting  
Wheaton, IL  
*11:45 - 1:00 PM*

#### October 23, 2015

DCBA - Be Prepared: Revisions to IMDMA  
Lombard, IL  
*8:00 - 12:00 PM*

- a picture of them around the time of the memory
- a caption for the picture,
- and a short story that accompanies the picture.

\*First 100 submissions get framing done for free \*

The Reflection Celebration will be held:

Veteran's Day - November 11, 2015 4 - 6:00 PM

Wheaton College's Coray Alumni Gymnasium

421 N. Chase Street.

For more info, please contact:

Rick Erickson at [rick@bold-steps.com](mailto:rick@bold-steps.com)

<http://www.helpaveteran.org/reflections/>

***Brigid Duffield, Attorney at Law***

**The Law Office of Brigid A. Duffield, P.C.**

November 5, 2015

WBAI - 2015 Top  
Women Lawyers in  
Leadership

Reception

Chicago, IL

*Starts at 5:30 PM*

November 13, 2015

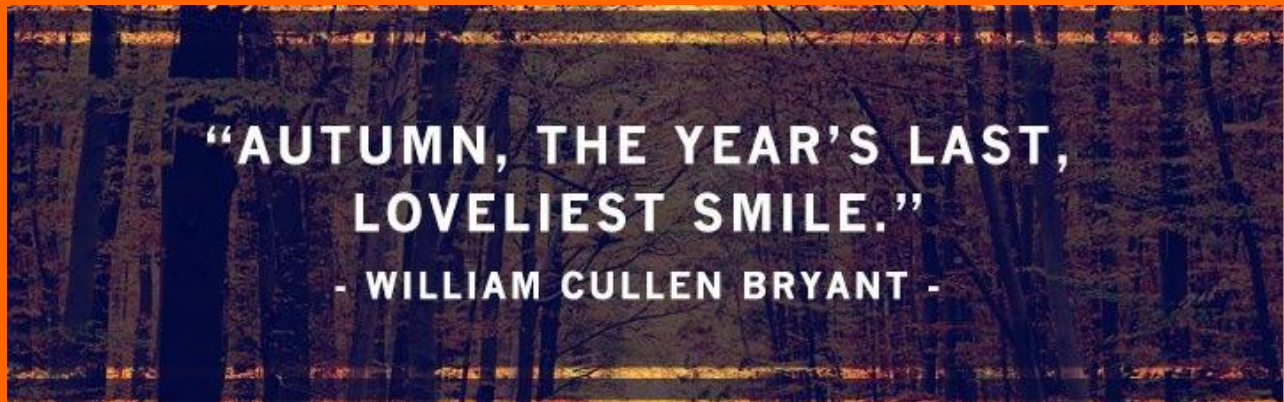
LAP - Annual

Dinner

Chicago, IL

*Reception - 5:30 PM*

*Dinner - 6:30 PM*



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