

The Unprecedented Guide for Recognising Stress in a General Counsel.



Stress, mental health, and wellbeing are issues which affect the vast majority of legal professionals, and General Counsel are no different. Become an expert at supporting your General Counsel colleagues by recognising the signs of stress.

Signs of overextension in General Counsel

When natural strengths are overplayed to address stressful situations or unexpected events, they can become overextensions of the positive qualities a General Counsel possesses.

Research from 'General Counsel Under the Magnifying Glass', Laurence Simons, 2022.



Argumentative

My GC colleague is typically quite impartial, cool and reasonable; however, recently, they've been combative.



Seeking Conflict

My GC colleague usually is comfortable with conflict when it arises. Recently, however, they appear to be searching for conflict.



Controlling

My GC colleague typically takes the initiative in our organisation and is quite an effective leader. However, recently they've become quite controlling and stopped delegating.



Overbearing

My GC colleague approaches their work enthusiastically, and their positivity is infectious. Recently they've shown signs of becoming domineering and less pleasant to work with.



Winning at all Costs

My GC colleague typically balances competing interests, making rational decisions with empathy for a win/win outcome. Recently they appear to be focused on achieving their objectives and outcomes no matter the cost.

Should your GC colleague complete their own Lumina Spark profile?

Laurence Simons' consultants are certified Lumina Spark practitioners. We have tailored this tool for legal professionals using our in-house data and research to help legal counsel pinpoint their strengths and areas of underlying potential.

[LEARN MORE ABOUT LUMINA SPARK TESTING](#)

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