

Mindfulness & Self-Compassion for Lawyers

Half-day, intensive immersion into the science and practice of mindfulness and self-compassion

Start the new year with tools and strategies that can improve your life and cultivate greater resilience, self-kindness, focus, and well-being.

In this half-day workshop, you hear about mindfulness and self-compassion and how it relates to law firms, legal services organizations, judges, and law students. You have the opportunity to experience various types of mindfulness and self-compassion practices, both formal and informal, and learn how to integrate them into your life and work so you can be more present, focused, balanced, and resilient.

Mindfulness provides new ways to respond to the inherent complexities of a busy and fast-paced career, and supports people in living life more fully, with greater ease and joy.

Agenda

- The Science and Benefits of Mindfulness and Self-Compassion
- The Lawyer Brain and Why Mindfulness Is Important for the Legal Profession
- The Practice of Mindfulness and Self-Compassion
- Interpersonal Mindfulness (Clients, Colleagues, Adversaries, and All Relationships)
- Mindfulness and Competence
- Integrating Mindfulness and Self-Compassion into Busy Lives
- Guided Mindfulness and Self-Compassion Experiences
- Panel of Legal Practitioners on How to Incorporate Mindfulness into Daily Life
- “Ask the Experts” Q&A Session

Faculty

Tracey Meyers, PsyD., *Lawyers Concerned for Lawyers, Inc., Boston, Chair*

Lauren M. Cappello, *Director of Well-Being, Mintz Levin Cohn Ferris Glovsky and Popeo, PC, Boston*

Bernardo Gustavo Cuadra, Esq., *Assistant Attorney General, Office of the Attorney General Nonprofit Organizations/Public Charities Division, Commonwealth of Massachusetts*

Nina Farber, *Academic Success Programs Director, Boston College Law School, Newton Centre*



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Dates & Locations

Register at www.mcle.org

BOSTON

Friday, January 27, 2023
12:30 pm–4:30 pm
MCLE Conference Center,
10 Winter Place, via Winter Street
Program Number: 2230099P01

LIVE WEBCAST

Friday, January 27, 2023
12:30 pm–4:30 pm
Program Number: 2230099WBC

REBROADCAST

Monday, February 13, 2023
12:30 pm–4:30 pm
Program Number: 2230099RBC

REBROADCAST

Tuesday, February 21, 2023
9:30 am–1:30 pm
Program Number: 2230099RB1

ON DEMAND WEBCAST

View after Tuesday, February 21, 2023
Program Number: 2230099WBA

Tuition *(includes written materials)*

- \$145
- \$130.50 MCLE Sponsor Members
- \$72.50 New Lawyers admitted to law practice within 5 years, Pending Admittees, Law Students, and Paralegals
- **FREE** for MCLE OnlinePass Subscribers

To apply for a need-based scholarship, email scholarships@mcle.org.

Materials

The materials for this program are available online only and can be downloaded via the link emailed to you upon registration.

Also, there is no need to take extensive notes. Two weeks after the live webcast, all registrants receive a link to a verbatim transcript and audio and videorecordings of this program.

CLE Credits

Earn up to 4 CLE credits

About MCLE

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Policies and Information

Register early!

For course agendas, hours, fees, and discounts, please refer to the respective seminar pages. The fee includes program instruction and all electronic written materials unless otherwise noted.

To gain early access to online materials, please register in advance of the program.

Upon registration, MCLE will email a confirmation.

Day-of-the-program registrations are welcome, with the exception of limited enrollment programs, or as otherwise noted.

We accept cash, checks, MasterCard, Visa, American Express, and Discover.

Need special assistance?

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Mandatory CLE credits

Individual attorneys are responsible for checking with their particular state CLE accreditation authority about whether and how much credit will be granted. Although MCLE does not pursue state-based credit, MCLE programs are regularly approved in many jurisdictions. It is the responsibility of the individual attorney to submit the information and certifications required under the respective state rule to the appropriate authorities in the jurisdictions in which they seek credit.

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MCLE Sponsorship runs for 12 months beginning September 1.

Depending on the jurisdiction, lawyers can satisfy their mandatory CLE requirements online with MCLE's webcasts, which feature periodic attendance prompts, electronic written materials, and the opportunity to receive a certificate of attendance.

If your plans change

If you're unable to participate in a program on the date for which you registered, you will receive an email about how to access the program on demand via webcast and/or downloadable mp3 file, including the written materials in electronic form, in full satisfaction of the tuition paid. If you prefer a refund, let us know by the end of the business day prior to the program and we'll refund your tuition after deducting a \$35 processing fee. Note that limited enrollment programs are an exception, cancellation of which require two weeks notice and are subject to a \$75 processing fee.

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For the first five years of practice, MCLE offers new lawyers a 50% discount on all of its products, including programs, books, mp3 recordings, and the MCLE OnlinePass®. If you were admitted to the bar within the last five years, take advantage of the new lawyer prices listed throughout this catalog.

Attorney scholarships

No lawyer should be precluded from participating in CLE due to financial barriers. Request a partial tuition scholarship in confidence by emailing scholarships@mcle.org at least two weeks in advance of the program.

The fee for firm, corporate law department, or agency membership is calculated based on the number of Massachusetts admittees within the organization. Benefits of membership extend to all lawyers and non-lawyer professionals associated with the organization.

- Solo Practitioners \$95
- Firms by number of Massachusetts attorneys:
 - 2-5 \$ 150
 - 6-10 250
 - 11-25 500
 - 26-75 . . . 1,000
 - 76-150 . . . \$ 2,500
 - 151-250 . . . 3,500
 - 251+ 4,500

Order Form Fall/Winter | Sept 2022–Feb 2023

REFERENCE # 23-020

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