

IN PERSON & ONLINE SEMINAR

# 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
- How to Incorporate Mindfulness into Daily Life—Panel of Legal Industry Practitioners
- Practice Examples of Mindfulness in Action in Legal Situations—Panel of Legal Industry
- “Ask the Experts” Q&A Session

## Faculty

Tracey Meyers, *PsyD., Lawyers Concerned for Lawyers (LCL | MassLOMAP), Boston, Chair*  
Laureen M. Cappello, *Director of Well-Being, Mintz Levin Cohn Ferris Glowsky and Popeo, PC, Boston*

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

Nina Farber, *ASP Director, Boston College Law School, Newton Centre*

## Dates & Locations

Register at [www.mcle.org](http://www.mcle.org)

### BOSTON

Thursday, April 11, 2024  
12:30 pm–4:30 pm  
MCLE Conference Center  
10 Winter Place, via Winter Street  
Program # 2240049P01

### LIVE WEBCAST

Thursday, April 11, 2024  
12:30 pm–4:30 pm  
Program # 2240049WBC

### REBROADCAST

Friday, April 26, 2024  
9:30 pm–1:30 pm  
Program # 2240049RB1

### REBROADCAST

Monday, May 6, 2024  
12:30 pm–4:30 pm  
Program # 2240049RB2

### ON DEMAND WEBCAST

View after Monday, May 6, 2024  
Program # 2240049WBA

## Tuition *(includes written materials)*

- \$145
- \$130.50 MCLE 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](mailto:scholarships@mcle.org).

## Materials

- E-materials link emailed upon registration
- Transcript & videorecording emailed 2 weeks post-program

## CLE Credits

Earn up to 4 CLE credits



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