

**Presented by**

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# RESILIENT REPRESENTATION

Tools for Trauma-Informed  
Legal Practice



The  
Legal  
Burnout  
Solution

[legalburnout.com](http://legalburnout.com)

2023 Prospectus

# RESILIENT REPRESENTATION

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## TOOLS FOR TRAUMA-INFORMED LEGAL PRACTICE

### Program Overview

- Introduction: Setting the Stage
- Module 1: Understanding Trauma
- Module 2: Building Empathy and Connection
- Module 3: Attorney Well-Being and Self-Care
- Module 4: Strategies to Avoid Re-traumatizing Clients
- Module 5: Building Trauma-Resilient Legal Environments
- Conclusion and Q&A

### Learning Objectives:

- Introduction to Trauma-Informed Law Practice
- Understand Effect and Significance of Primary and Secondary Trauma
- Develop Mindful Communication and Connection Skills
- Prioritize Attorney Well-Being and Self-Care
- Strategies to Avoid Re-traumatizing Clients
- Build Trauma-Resilient Legal Environments



The  
Legal  
Burnout  
Solution

WELL-BEING IS  
GOOD FOR  
BUSINESS

01

PERFORMANCE

02

RETENTION

03

RECRUITMENT

SET YOUR TEAM  
UP FOR SUCCESS



## I. Pre-Session Survey

We leverage the information gathered in the brief pre-session survey to customize the program according to the interests and issues expressed by participating attorneys and staff.

## II. Interactive Format

This training emphasizes hands-on learning to recognize the signs of trauma and practice empathetic client-lawyer interactions. For example, participants will hone their skills through hypothetical fact scenarios, individual processing, and group discussion.

## III. Benefits

Participants will gain targeted strategies and practical ways to incorporate trauma-informed strategies into your law practice.

- **Enhanced Understanding:** Gain insight into trauma's impact on both clients and legal practitioners.
- **Improved Client Relationships:** Develop empathy and communication skills to foster connection with traumatized clients.
- **Personal and Professional Resilience:** Learn self-care strategies to enhance personal well-being and ethical representation.
- **Effective Legal Practice:** Acquire techniques to prevent re-traumatizing clients and create supportive legal environments, leading to increased trust and success in legal cases.



## IV. Conclusion

Toward the end of the session, participants will be asked to take a few moments write down their biggest learning along with the one strategy that they plan to implement. We will conclude with an interactive discussion designed to integrate the material covered during the training.

## V. Follow Up

Approximately 30 days after the Retreat, Becky and Cindy will offer a 60-minute virtual session open to all attendees.

## VI. Investment

Once we determine your firm's specific needs and priorities we will offer a flat-fee quote that includes estimated expenses.

# BIOGRAPHIES

Cynthia Sharp, Esq.  
Rebecca Howlett, Esq.



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Rebecca Howlett (she/they) is an attorney, consultant, and legal educator. After graduating from KU Law *cum laude* with a Tribal Lawyers Certificate in 2014, Becky focused her career on Indian Country advocacy, developing an expertise in federal Indian law and policy. Becky's experience emphasizes relationship building, interdisciplinary collaboration, and program development, including delivering educational seminars and trainings re: cultural competency, implicit bias, and attorney well-being.

Becky's attorney-wellness advocacy began after struggling with depression, anxiety, and burnout as a law student and practicing attorney. In the spring of 2020, she co-founded [legalburnout.com](https://legalburnout.com) to help legal advocates effectively manage stress, cultivate healthy work environments, and prevent burnout. As Director of Attorney Well-Being, Becky has led live meditations for over 5,000 attorneys in the United States and Canada.

Becky received her Contemplative Practice Teacher certification from the Nature Center for Meditation in September 2020 after completing 550 hours of study and training. Becky is formally certified to teach a variety of contemplative practices, including mindfulness meditation, breathwork, and many other evidence-based tools and techniques.

Becky lives in Kansas City where she loves singing, spending time in nature and playing with her two Siamese cats, Phineas and Casper. She identifies as queer and non-binary.

Rebecca Howlett, J.D., C.P.T.  
Attorney and Contemplative Practices Teacher

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Veteran attorney Cynthia Sharp (CEO of The Sharper Lawyer) works with motivated lawyers seeking to generate additional revenue for their law firms. She practiced law from 1982 - 2009 and then embarked on a professional speaking and writing career. Ever since, she has served solo and small firm attorneys throughout North America. In the spring of 2020, she co-founded [legalburnout.com](http://legalburnout.com), dedicated to helping legal professionals succeed by applying mindfulness principles to all areas of their lives.

Cindy, author of [The Lawyer's Guide to Financial Planning](#) published by ABA Solo, Small Firm and General Practice Division, is also a Contributor to the Division's books [How to Capture and Keep Clients: Marketing Strategies for Lawyers](#) as well as [Effectively Staffing Your Law Firm](#). As Director of Client Services for [The Legal Burnout Solution](#), Cynthia has helped lead over 3500 attorneys in live meditations.

She has delivered close to 240 live presentations over the past 35 years on behalf of the American Bar Association, 20 state bar associations, Million Dollar Round Table, Professional Services Marketing Association, and numerous legal, financial and professional groups, as well as private seminars for her law firm clients.

Cindy served as Business Development columnist on behalf of the ABA GP Solo eReport, Social Media Strategist for GP Solo and has served as a regular guest contributor to ALM's publication Marketing the Law Firm. In addition, she has written well over 120 articles over the past 30 years that have been published in various journals throughout the country.

During 2017/18, Cindy held positions on the GP Solo and eReport Boards of the ABA Solo, Small Firm & General Practice Division, having previously served as Chair of the Publications Board of the Division and on the Division's Council. She completed her term as President of the Philadelphia Chapter of the National Speakers Association in June of 2015 and served as Dean of the Speaker Academy the subsequent year. Sharp has also been an active member in the Association of Continuing Legal Education (ACLEA).

Cindy was named Trainer of the Year by the American Bar Association Solo, Small Firm and General Practice Division, a national award presented in New York City on May 3, 2019.

Cindy lives in Philadelphia with her husband, Mark H. Gallant and their dog Rocky and cat Jackson. She practices yoga, enjoys the arts and loves to bake.