



The  
Legal  
Burnout  
Solution

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## CLE Course Description

60 minutes

1-hr CLE Ethics or Elimination of Bias credit depending on jurisdiction

### **Learn Mindfulness to Curtail Implicit Bias and Make Ethical Decisions**

Join Cynthia Sharp and Becky Howlett for this timely educational webinar as they unpack implicit bias—what it is, why it matters, and strategies to become aware of our unconscious biases and enhance mindful decision-making. Overall, this program will support your ability to recognize these biases and implement strategies to curtail their harmful effects in your life.

Implicit bias is universal—everyone has it! Yet, these biases are uniquely our own as they are shaped by our individual life experiences. Although we all have them, we are generally unaware of their presence and effects, meaning implicit biases can negatively impact our decisions without our knowing. Research has shown that mindfulness meditation may effectively reduce implicit bias at the individual level.

Certified Meditation Instructor and Attorney Becky Howlett will teach and lead mindfulness practices throughout this session designed to promote awareness of your own biases. Co-Presenter and Veteran Attorney Cynthia Sharp will join with Becky in sharing their own perspectives, as well as viewpoints and experiences of others in the legal community. The speakers will delve into why words DO matter and discuss commonly held harmful assumptions of diverse groups of people.

You will also learn:

- How to use mindfulness tools to develop deeper awareness about implicit bias and learn to counter insensitive attitudes
- Specific steps that you can take IMMEDIATELY to reduce the ill effects of implicit bias in the legal setting
- Concepts that will help identify and address unconscious bias when dealing with colleagues, clients, and others
- How enhanced cultural competency will help any attorney both serve justice and advocate more effectively