



**The
Legal
Burnout
Solution**

legalburnout.com

CLE Course Description

60 minutes

1-hour CLE ethics credit

How Mindfulness Can Help You Avoid Legal Burnout, Continue to Competently Perform Legal Services, and Remain Ethically Compliant

As attorneys, constant stress is often a part of the job. If we don't effectively manage chronic stress, however, it has the potential to cripple our productivity levels and make it physically, mentally, and emotionally impossible to effectively advocate for our clients and ourselves. Further, we run the risk of running afoul of the rules of professional conduct.

Instituting even 1 or 2 minutes of meditation and mindfulness into our daily routines can have immediate and far-reaching benefits in our professional and personal lives. Become your best self now. Join us as we demystify meditation and focus on the basics of mindfulness: what it is and isn't, how to do it, and how to maximize its benefits. We will delve into specific methods of integrating mindfulness into your day-to-day law practice.

This 60-min CLE session will empower you to:

- Protect yourself from burnout
- Improve focus and boost your overall productivity and efficiency
- Curb anxiety and stress thru quick, effective “spot treatments”
- Use mindfulness to enhance ethical decision-making and conflict resolution



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Agenda:

0:00 - 0:15

- What is mindfulness?
- Scientific Basis
- Discussion of Code of Professionalism
 - How Integrating mindfulness into the legal setting can improve civility in the profession.

0:15 - 0:30

- Mindfulness as a means to improve productivity, focus, and concentration
- Discussion of MRPC 1.3 (Diligence), ethical opinions, and caselaw

0:30 - 0:45

- Elements of Mindful Communication
- Discussion of MRPC 1.4 (Communications), ethical opinions, and caselaw

0:45 - 0:60

When we are faced with the pressures of a law practice daily, our decision-making may become clouded. This can lead to ethical disaster, as well as to self-destructive behavior such as substance abuse. This segment focuses on how a mindfulness practice can alleviate stress, anxiety, and help prevent legal burnout.