



**The  
Legal  
Burnout  
Solution**

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CLE Course Description

60 minutes

1 hour of CLE Ethics Credit

## **How to Take Charge of Technology - Ethically and Mindfully**

Co-Presented by Rebecca Howlett, Esq. and Cynthia Sharp, Esq.

Do you control your digital life or does it control you? Whether texting, emailing, posting on social media, or browsing the Web, many people are at the mercy of their digital devices. Indeed, Internet addiction is on the rise and is linked to mental health concerns like depression and anxiety. In 2019, the average American checked their phone [96 times a day](#). By the end of 2021, that figure skyrocketed to [344 times a day](#)—a 3.5 times increase since the start of the pandemic. Those suffering from severe internet addiction are 8 times more likely to be depressed, 9 times more likely to have anxiety, and 14 times more likely to experience both of these mental health concerns.

Join attorneys Becky Howlett and Cindy Sharp as they present strategies designed to help attorneys manage and even unplug from the digital world - ethically and mindfully.

In this timely program, we will explore:

- Dangers of digital addiction on mental health and well-being
- Ethical ramifications of mismanaged use of technology, including relevant Model Rules of Professional Conduct
- Suggestions for creating an organizational digital policy
- Specific steps to mindfully disconnect from the digital world



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## AGENDA

:00 - :15 The Dangers - How extreme digital connection can increase stress and anxiety and otherwise adversely affect your practice and life. Examples of how attorneys have violated MRPCs as a result of mindless digital practices.

:15 - :30 Further discussion regarding how mindless digital practices can damage a legal reputation and lead to violation of professionalism & civility codes. In depth analysis of ethical ramifications, including relevant MRPCs, case law and advisory opinions.

:30 - :45 Steps to creating a digital policy for your law firm (and personal life). Sample clauses and concepts will be examined.

:45 - :60 Specific suggestions as to when and how to disconnect from the digital world. Conclude with mindfulness training and practice.

Learning Objectives (Ethics): Attorneys will learn the importance of ethically and mindfully managing their digital life. Relevant ethical principles are interwoven throughout the entire 60 minutes. Special emphasis is placed on MRPC 1.1, comment 8 (competence includes knowing the “benefits and risks associated with relevant technology”), MRPC 1.6, confidentiality, MRPC 1.3, diligence and MRPC 8.4, professional misconduct.