Mindfulness for the Ethical Practice of Law

Thursday, June 14, 2018 • 9:00 – 9:50 AM
KCMBA Conference Center
Credit: Missouri – 1.0 ethics / Kansas – 1.0 ethics
Cost: KCMBA Member - $45 / Non-Member - $80

DESCRIPTION

For over a decade, law students, judges, law professors and practicing attorneys have been utilizing meditation and mindfulness to develop concentration, improve emotional well-being, and lessen the stress of legal work. According to Terry Harrell, chair of the ABA’s Commission on Lawyer Assistance Programs, “Meditation and mindfulness are not just good for us the way things like fish oil are. They actually affect the quality of legal work. A mindfulness practice makes us better decision-makers, better ethical decision-makers. And that translates into better lawyering.”

This one hour CLE program will present data and research documenting the connection between mindfulness and ethical decision making as well as effective and ethical lawyering. Mindfulness is being taught to attorneys throughout the country to improve and maintain attorney competency as well as improve communication and civility in our profession.

This program will introduce legal professionals new to the practices of meditation and mindfulness to effective daily practices and the benefits of such practices as well as suggest additional techniques for those legal professionals already engaging in meditation and mindfulness. Proper breathing techniques to reduce stress and to create gaps between stimulus and response will be demonstrated. Multitasking will be highly discouraged, and suggestions on how to be a happy attorney as well as a mindful attorney will be made.

SCHEDULE

8:45 AM Check-in
9:00 AM Program
9:50 AM Adjourn

SPEAKERS

Rebecca D. Martin, McDowell, Rice, Smith & Buchanan, P.C.
Michael S. Martin, Attorney at Law

*Course materials will be provided in electronic format only and are accessible with your laptop, tablet or other mobile device during the event. Final course materials will be sent via email when size permits and posted prior to the event at kcmba.org.

Parking will be validated at the event. **On-site registrations are welcome; however, seating and/or meals cannot be guaranteed unless you pre-register.
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KCMBQA Conference Center

4 WAYS TO PRE-REGISTER:
1. Online at www.KCMBQA.org
2. Mail completed registration form with payment to KCMBQA, 2300 Main St., Suite 100, Kansas City, MO 64108
3. Fax 816-474-0103
4. Phone 816-474-4322

REGISTRATION: 18_300

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PAYMENT INFORMATION
Cost:  KCMBQA Member - $45 / Non-member - $80

Credit Card:

☐ American Express  ☐ Discover  ☐ MasterCard  ☐ VISA

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Check No. ___________________  Make checks payable to KCMBQA

A KCMBQA CLE opportunity made possible, in part, through a generous endowment from Davis, Bethune & Jones, LLC