

CONTINUING LEGAL EDUCATION

THE BAR ASSOCIATION OF SAN FRANCISCO



The Wellness Committee of the Barristers Club presents

Mindfulness and the Practice of Law

The importance of mindfulness and community building in attorney wellness

Wednesday
April 21, 2021

Program: 3:00 - 4:30 p.m.

Speakers

Emily Bruce

Director of Equity & Inclusion, Student Services
University of California, Berkeley

Judi Cohen

Lecturer, Berkeley Law
Founder, Warrior One

Kristen Holmquist

Lecturer in Residence and Director of Experiential Education
Berkeley Law

Moderators

Nathalie Fayad

Lewis & Llewellyn

Jamie Sutton

Farella Braun + Martel

Judi Cohen, Emily Bruce, and Kristen Holmquist bring their unique perspective on mindfulness in the law to engage in a dialogue regarding the importance of self-care practices in maintaining lawyer well-being and competence. Learn how to avoid burnout by embracing strong emotions, finding satisfaction in the legal practice, engaging in mindfulness both in our practice and our lives, and how to promote an inclusive legal culture and community.

Topics

- Discussion of paths to wellness and happy lawyering
- How mindfulness relates to attorney competence and wellbeing
- Discussion and practice of mindfulness tools to maintain your wellbeing and avoid burnout
- Small group exercises related to the importance of mindfulness and community building in the legal profession

Committee Chair: Sarah Hoffman, Venable

MCLE: 1 Hour in Competence issues

To receive MCLE credit, you must sign in during the designated MCLE registration period. This activity is approved for Minimum Continuing Legal Education credit by the State Bar of California. BASF is a certified provider. Provider #103

Cost

\$45 BASF Members

\$65 Others

FREE for BASF Law Student Members

VIEWING OPTIONS

Live Webcast: www.sfbar.org

Webcast Recording available May 1

In-Person Location (Due to the social-distancing rules currently in place, this event is currently planned as an online-only presentation. Please check the CLE calendar for any changes.)

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Refunds will be given up to 48 hours in advance, less a \$10 handling fee.

Special Requests:

People with disabilities should contact BASF regarding reasonable accommodations.

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