



*Don't get
hijacked by
your devices!*



Defeating Digital Distractions in Your Law Practice

with Jon Krop

Thursday, September 19, 2019

Live webinar with chat

includes 60 day replay*

9:00 am – 10:30 am (Pacific)

10:00 am – 11:30 am (Mountain)

11:00 am – 12:30 pm (Central)

12:00 pm – 1:30 pm (Eastern)

1:00 pm – 2:30 pm (Atlantic)

1:30 pm – 3:00 pm (Newfoundland)

*This program features real-time audio of the presenter with synchronized presentation slides, and a chat feature that allows for live Q & A. SK attendees please verify whether you align with Central (MB) or Mountain (AB) time based on season and location.

WHO SHOULD ATTEND

This webinar is designed for lawyers who want to learn how to use their digital devices to enhance their productivity and reduce their stress.

ABOUT THE PROGRAM

Modern technology can feel addictive – because it is! Smartphones, apps, and social media platforms are precision engineered to grab our attention and keep us coming back. We'd like to think that as lawyers, we're immune to screen addiction, but we're not. Instead our phones put us on call 24/7! We waste time, attention, and energy on unimportant information and interactions, increasing our stress, and reducing our efficiency and ability to fulfil our professional duties. So how do we reclaim our focus from digital distraction? Join us for this fun, highly practical webinar and learn how to use your digital devices so they enhance, rather than erode, your productivity and well-being.

Harvard educated lawyer and mindfulness trainer Jon Krop will explore lawyer tech use and tech distraction, and offer surprisingly simple methods to ensure your devices help you reduce - not increase - practice-related anxiety and burnout. From neutralizing visual distraction triggers to using effective blockers, you'll learn simple, powerful "attentional self-defence" strategies to boost your executive functioning skills so you can focus on what matters most at that moment. The session will draw on mindfulness, cognitive psychology, user experience design, and digital product philosophy. Register now!

SCHEDULE (Eastern)

12:00 pm - 1:30 pm

Welcome and Introduction

The modern digital landscape and the engineering of distraction

The role, benefits, and pitfalls of technology in a lawyer's work

The price of digital distraction in the workplace - the research and statistics

Directly training the attentional faculty

Remaining undistracted while performing online tasks

Making the phone less distracting

Making the computer less distracting

How smartwatches constrain compulsive phone use

Wrap-up and Program Evaluation

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PRAISE FOR JON KROP

“Jon soared to the top of my list of excellent presenters.”

“[This] training has been immensely helpful... my productivity, focus, and effectiveness have increased, and my stress has decreased.”

“One of the best instructors I have seen. Very well organized and engaging.”

“Jon is both insightful and engaging. He understands the realities of being a lawyer, and he is able to provide helpful strategies and techniques to address the daily stress and pressures.”

“One of the most engaging and impactful speakers I have ever come across!”



ON: This program contains 1.5 Professionalism hours.
BC: This program has been approved for 1.5 CPD hours.

SK: This program has been approved for 1.5 CPD hours.

NB: CPD application is pending.

Lawyers in other mandatory CPD jurisdictions may count their attendance towards their CPD requirement/plan.

Seminar Partners is an Accredited Provider of Professionalism Content by the Law Society of Ontario and a pre-approved CPD Provider of the Law Society of British Columbia.

MEET YOUR PRESENTER



Jon Krop is a Harvard-educated lawyer, mindfulness teacher, and founder of the company Mindfulness for Lawyers. Before starting Mindfulness for Lawyers Jon was with the law firm of Vladeck, Raskin & Clark, P.C. in Manhattan. Prior to private practice, he clerked on the United States Court of Appeals for the Ninth Circuit. Jon has taught mindfulness, meditation and mindful technology use at Harvard, Yale, NYU, the Pentagon, Fortune 100 companies, and the world's top law firms, including DLA Piper and Kirkland & Ellis. Jon has meditated for over twelve years and studied with masters from around the world. In 2014, he completed a seven-month silent meditation retreat under the guidance of meditation master and neuroscientist John Yates, Ph.D. Jon is a highly sought-after writer and speaker on topics of mindfulness, meditation, and mindful technology use for bar associations and CLE providers across the United States and Canada, including the ABA and ALLI-CLE. He continues to practice law on a *pro bono* basis.

✓ Yes, I want to attend Defeating Digital Distractions in Your Law Practice, with Jon Krop Thursday, September 19, 2019 • Live webinar (slides and audio) with chat and 60 day replay*

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* Materials will be distributed electronically in advance. Live webinars feature real-time audio of the presenter with synchronized presentation slides, and a chat feature that allows for live questions and verbal responses by the presenter. The recording of the webinar is available for 60 days.

REGISTRATION FEE:

- On or before August 23, 2019: \$140.00 + \$18.20 (13%) HST* = \$158.20 - Save \$25.00!
- After August 23, 2019: \$165.00 + \$21.45 (13%) HST* = \$186.45
- \$0 - I have a \$599.00 Annual All Access Pass. Enter Pass ID: _____

*With ON HST. Please adjust tax for attendee's province as follows: 5% in AB, BC, MB, NWT, NU, SK, YK. 13% in ON. 15% in NS, NB, PEI & NL.

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Register by mail, fax or phone: Return this form with payment to Jennifer Snoyer, Finance and Communications Coordinator, Seminar Partners, 2300 Yonge Street, Suite 1600, Toronto, ON M4P 1E4 Tel. 1.866.606.4212 or 647.352.8633 Fax 416.549.1619. Email: jennifer@seminarpartners.ca. Registration fee is refundable less \$50 admin fee if written cancellation received 10 working days before the program. No refunds will be made after the cancellation date. Program content, speakers and location may change without notice. See our website for all policies. In the event of program cancellation, our liability is limited to refund of registration fees. GST/HST #848208492

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