



*Learn how
mastering your
mind can improve
your law practice!*



The Science of Better Lawyering

with Laura Mahr

Thursday, June 13, 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 program is designed to help lawyers understand how practicing law impacts your brain, and how you can use neuroscience and mindfulness to feel better and lawyer better.

ABOUT THE PROGRAM

Most of us accept that law can be a stressful vocation. But did you know that practicing law - more than most professions - fortifies our negativity bias? Our lawyer brains are trained and paid to stay alert to what could go wrong. And constantly focusing on what might go wrong can negatively impact our cognitive function, focus, and ability to relate to others - the exact competencies clients require of us. Fortunately, we can alter the physiology of our brain. By implementing some basic mindfulness practices, we can shift our attention towards the positive and become more productive, effective and ethical lawyers, with more to offer to our clients and ourselves. In this inspiring new webinar, lawyer and mindfulness trainer Laura Mahr will share simple strategies to increase your attention span and decision-making abilities, while improving your overall well-being. You will learn:

- how mindfulness reduces stress and builds resilience
- techniques to overcome your “negativity bias”
- practices that increase productivity, and promote problem-solving and clearer thinking
- the connection between mindfulness and legal ethics
- how you can communicate more effectively, and bring about more civility

Don't miss this unique opportunity to learn how to mitigate the inherent stressors of legal practice! By the end of the webinar, you'll have a personalized toolkit you can use to reduce unnecessary mistakes, better deal with difficult and unexpected situations, and build a more ethical practice.

SCHEDULE (Eastern)

12:00 pm - 1:30 pm

Welcome & Introduction

Understanding mindfulness and neuroscience

How the human brain, and lawyers' brains in particular, respond to stress

Practicing law in reactive vs. responsive mode

Tools to improve your efficacy and build resilience to stress

Implementing mindfulness into your work day

Program Wrap-up & Evaluation

Attend this webinar and 40+ more live webinars with an All Access Pass for just \$599 + tax!

PRAISE FROM PAST ATTENDEES

- "One of the best presentations I've seen in 43 years of CLE attendance."
- "Laura is a great speaker, very engaging, knowledgeable, and talks in plain direct language."
- "This presentation has been the very best. Laura is phenomenal!"
- "I really appreciated the many techniques Laura taught for working the mindfulness tools into my workday."
- "Laura's teaching has been so helpful--practical, science based and with options for any personality."
- "I cannot express in words how valuable this CLE program was to me to help manage stress."



BC: This program has been approved for 1.5 CPD hours of professional responsibility and ethics, client care & relations, and/or practice management.

ON: This program contains 1.5 Professionalism hours.

SK: CPD application is pending.

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



Laura Mahr is a North Carolina lawyer and the founder of Conscious Legal Minds LLC, providing mindfulness-based coaching, training, and consulting for lawyers and law offices across North America. Laura's cutting-edge work to build resilience to burnout, stress, and vicarious trauma in the practice of law is informed by 11 years of practice as a civil sexual assault attorney, two decades of experience as an educator and professional trainer, and 25 years as a student and teacher of mindfulness and yoga, and a love of neuroscience. After bringing herself back from the brink of burnout with the tools she now teaches, Laura brings lived experience and compassion to thousands of lawyers each year in her writing and presentations for law schools, law firms, government organizations, Bar associations, and CLE providers. She authors the Pathways to Wellbeing column in the *NC State Bar Journal* and the Mindful Moment column in the *NC Lawyer Assistance Program* publication.

✓ **Yes, I want to attend *The Science of Better Lawyering, with Laura Mahr***

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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 May 17, 2019: \$140.00 + \$18.20 (13%) HST* = \$158.20 - Save \$25.00!

After May 17, 2019: \$165.00 + \$21.45 (13%) HST* = \$186.45

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*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.

Register online: <http://seminarpartners.ca/register-for-courses/>

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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