

Mindfulness for Lawyers: How to Protect Your Practice and Your Health

Practicing Law in a COVID-19 World

Wed., May 6, 2020

FREE Webinar | 2:00-2:30 pm ET

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As attorneys, constant stress is often a part of the job. So it's fair to say that we were stressed *before* COVID-19. Now...no comment. But if we don't effectively manage and cope with chronic stressors, this additional stress and uncertainty has the potential to cripple our productivity levels and make it physically, mentally, and emotionally *impossible* to effectively advocate for our clients and ourselves. It's called burnout, and I can tell you from personal experience that you can't simply "power thru." ***Invest in your cognitive resilience now.***

Instituting even 1 or 2 minutes of meditation and mindfulness into our daily routines can have immediate and far-reaching benefits in our professional and personal lives. [Harvard Medicine](#) recommends it, [ABA](#) encourages it, and [Keanu Reeves](#) lives by it. Become your best self now.

Join us as we demystify meditation and focus on the basics of mindfulness: what it is and isn't, how to do it, and how to maximize its benefits.

This 30-min workshop will empower you to:

- Protect yourself from burnout
- Improve focus and boost your overall productivity and efficiency
- Curb anxiety and stress thru quick, effective "spot treatments"
- Prioritize mindfulness in your professional practice and personal life

Take the first steps to safeguard your livelihood and your well-being.



Becky Howlett, is a Licensed Attorney, Consultant, & Educator. She is currently pursuing a 550-hr Meditation Teacher Training through the [Nature Center for Meditation](#). She is a meditation liaison at the University of Kansas School of Law where she leads weekly mindfulness sessions and teaches Federal Indian Law as an adjunct professor.



Veteran Attorney **Cynthia Sharp**, 2019 ABA GP Solo Trainer of the Year, works with motivated lawyers seeking to build sustainable law practices. As CEO of The Sharper Lawyer, she provides educational, consulting and coaching services. In 2016, Cindy completed the Foundation Mindfulness Course offered at the Penn Program for Mindfulness and has participated in numerous mindfulness workshops and retreats.