

SEMINARS

CREDITS
Course No. 3256 9

Max. CLER: 3.5 hours
General: 3.5 hours
Ethics: 1.5 hours

Mindfulness & Neuroscience: Enhancing Lawyer Effectiveness & Stress Reduction from the Inside Out

Presented by the Institute for Mindfulness Studies

Thursday, 8:30 a.m. - 11:30 a.m.

Speakers:

*Scott L. Rogers, Esq., & The Honorable Alan S. Gold,
George F. Knox, Esq., Paul R. Lipton, Esq., and
Professor Leonard L. Riskin, J.D., L.L.M.*



The practice of law is demanding, now more than ever.

In this workshop, Scott Rogers, M.S., J.D., a nationally recognized expert in mindfulness and the practice of law, teaches lawyers ways to find greater balance and effectiveness at work, cultivate more productive relationships, and experience a greater sense of well-being. Effective lawyering calls upon the intellect, emotional intelligence, and wisdom. Often only a subset of the three is accessed, limiting one's effectiveness and satisfaction. Mindfulness tools, discussed in the context of cutting-edge neuroscience findings, offer lawyers insight and deepening awareness of present-moment experience to help reduce stress, frustration, and worry. The program offers an illuminating demonstration in which Judge Alan Gold, Professor Len Riskin and attorneys Paul Lipton and George Knox, together enact the mind of a lawyer caught in the daily grind, offering spontaneous insights and tips on how to maintain one's cool and effective advocacy through mindful practice.

CREDITS
Course No. 2803 9

Max. CLER: 3.5 hours
General: 3.5 hours

Max. Certification: 1.5 hours

Appellate Practice: 1.0 hours
Business litigation: 1.5 hours
Civil Trial: 1.5 hours
Criminal Appellate: 1.5 hours
Criminal Trial: 1.5 hours

Electronic Discovery and Evidence

Presented by LexisNexis and The Florida Bar

Thursday, 2:00 p.m. - 5:00 p.m.

Michael Arkfeld

Michael Arkfeld is a nationally-known e-discovery expert, and author of Arkfeld on Electronic Discovery and Evidence. Michael has a blog which is followed by thousands of attorneys across the U.S. He became such an expert in the field that he quit his practice to work full-time lecturing and writing on the topic. To view Michael's LexisNexis page for additional information, visit <http://www.lexisnexis.com/arkfeld/>



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