



IWIL EVENTS

Monday, May 6, 30 Minute Classes between 12:00 pm – 2:30 pm ET

Moving Together: Experiments in Movement, Exercise, & Dance

We are kicking off Well-Being Week in Law 2024 with a fun opportunity to learn and experience the benefits of moving with other people. Moving together has positive effects on the body and mind.

First, all kinds of physical activity boost mood and vitality. When we do it regularly, it can prevent and improve symptoms of depression and anxiety and can improve memory, attention, learning, and cognitive processing. On the other hand, people who sit most of the day are at a higher risk for depression and a host of physical health problems.

Also, when we become absorbed in synchronized movement with others (especially when in-person), our brains release chemicals that boost feelings of connection and belonging and reduce pain.

This program will offer multiple sessions with expert leaders for different types of movement. You can join any session in which you're interested. Feel free to turn your camera off. Absolutely no experience necessary.

You can choose from the following sessions:

- Session 1: 12:00-12:45 PM ET. Workstation Design for Well-Being, Krys Hines, MBA, PT, DPT, [KH Ergo & Wellness](#).

REGISTRATION

- Session 2: 1 pm ET. Introduction to Ballet for Well-Being, Anna Wassman-Cox, [Movement Point](#).

REGISTRATION



- Session 3: 1 pm ET. Peloton Ride, Peloton Riders, your peloton hashtag to find one another is #wellbeingweekinlaw and you will be joining a 30-minute Mental Health Awareness Ride with Camila Ramón.

[JOIN PELOTON RIDE](#)

- Session 4: 1 :30 PM ET Seated Boxing Workout, George Zakhary, [Sit Grit Fitness](#).

[REGISTRATION](#)

- Session 5: 1:30 PM ET High-Intensity Interval Training (HIIT) Workout, Sergio Cardoso from [Canyon Ranch Resorts](#).

[REGISTRATION](#)

- Session 6: 2:00 PM ET, Yoga for Everyone

[REGISTRATION](#)

Tuesday, May 7, 2:00 pm ET

Breaking Up with Alcohol: How and Why to Drink Less to Be Your Best

Amy Guldner, a practicing lawyer and certified coach focused on alcohol-free flourishing, will share her personal story of breaking up with alcohol as well as skills, tools, and inspiration to experiment with less alcohol in your life. For years, Amy was unable to acknowledge that her daily drinking had become a problem because she still was productive and functional. After questioning whether functional was enough given her devotion to her family, friends, and work, she chose to hit the pause button on alcohol four years ago—and never hit restart. Because her life was happier and healthier after breaking up with alcohol, she has continued to choose an alcohol-free life—and wants to help others do so. Like Amy, many are choosing to drink less—with 28% of adult Americans not drinking at all in 2023, and 41% saying they're trying to drink less in 2024. Why so? Drinking less can improve the quality of your work, personal life, relationships, and health. Even



small changes can make a big difference. This session can help get you started on making doable, small changes that can lead to positive transformations.

In this session, you'll learn:

- The personal story of a practicing lawyers' sobriety journey.
- The science of how alcohol impacts physical and mental well-being.
- Skills, tools, and inspiration for launching your own experiment (alone or with colleagues) with drinking less to be your best.

We will apply for CLE credits, which will be dependent on individual states MCLE requirements.

REGISTRATION

Wednesday, May 8, 1:00-2:30 p.m. EDT (90 min webinar workshop with opportunity for Q&A)

Well-Being Lab: Turning Knowing into Doing with Playful Experimentation

Presenters: Dr. Anne M. Brafford, JD, MAPP, PhD, and Tara Owens Antonipillai, JD, MAPP

Description:

Feeling frustrated that your New Year's well-being resolutions fizzled out by May? Ditch the guilt and disappointment and join the Well-Being Lab: Your fresh start to make sustainable change for greater health and happiness.

Science tells us which well-being strategies benefit people "on average." That's helpful. But it doesn't guarantee that they'll work for you. Or that they'll work forever. Also, most of us know many things we should do to protect and promote our well-being. But busy lives and ingrained habits get in the way.



Because everyone is different, there's no one-size-fits all well-being strategy. This means that we each need to figure out what works for us and how to sustainably integrate it into our own complicated, changing lives. How do we do this? Self-experiments can help.

The gist of self-experimentation is to try different things, figure out what's working for you, and then keep doing things that work. And the more fun we have doing it, the more likely that we'll keep experimenting and integrating our learning into our lives.

In this session, we have four main objectives:

- Developing well-being self-experiments with a curious, playful mindset.
- Assessing and continually modifying your self-experiments.
- Behavioral psychology techniques to close the “knowing-doing gap” by learning to transform good intentions into lasting change.
- Learning from each other's experiences.

Your Experiment Starts Now: Choose & Try Out an Experiment Before May 8:

To get the most out of the Well-Being Lab, we're asking you to get started now!

- Download the session materials now,
- Design and carry out your own well-being self-experiment, and
- Come to the May 8th session prepared to share your experiences with others. (We'd love for everyone to come prepared to share, but all are welcome—whether or not you complete an experiment or care to share.)

For more inspiration, see [50 Ideas for Five Day Self-Experiments](#) by Alice Boyes Ph.D.

[REGISTRATION](#)



Friday, May 10, 30–60-minute sessions. Times will vary.

Share Your Well-Being Boosting Passion

Description:

Welcome to Share Your Well-Being Boosting Passion, a virtual program to help catalyze positive change by encouraging engagement in well-being-boosting activities outside work. Session leaders will share activities they do to disconnect from work, revitalize their energy and stave off burnout, and feed their soul.

The program offers a diverse range of activities to nurture your mind, body, and spirit. Join us in this unique virtual space where you can connect with others, cultivate new skills, and embark on a fulfilling path towards improved well-being.

MATERIALS Coming Soon.

- Session 1: 11:00 am ET. Music, Kendra Brodin, Jessica Moore, and Denise Robinson.

[REGISTRATION](#)

- Session 2: 12 pm ET. Writing, Kelli Dunaway

[REGISTRATION](#)

- Session 3: 12 pm ET. Cooking, Andrew Collins

[REGISTRATION](#)

- Session 4: 1 :00 pm ET. Knitting, Jessie Spresart and Cheryl Solomon

[REGISTRATION](#)

- Session 5: Travel, Luis Pineda (moderator), Matt Potempa, Chahira Solh



REGISTRATION

- Session 7: Art Journaling. Kori Carew

REGISTRATION

- Session 8: Photo Walks. Noah Bradow

REGISTRATION



ABA EVENTS

Monday, 5/6 at 1:00 – 2:00 pm ET

Let's (Not) Get a Drink: Why Decentering Alcohol Can Transform Inclusion and Well-Being for Our Legal Practice

Moderator: Brooke Welsch

Panelists: Shirley Diaz, Craig Edward Leen, Ayyan Zubair

Join us to discover why decentering alcohol can enhance organizational belonging, equity, and lawyer well-being. Explore the broad spectrum of reasons people choose not to drink and learn how small changes can make a big impact.

Join this diverse panel to learn their experience on why decentering alcohol can boost efforts for organizational belonging and equity, as well as lawyer well-being. The ABA Well-being Pledge #2 asks organizations to disrupt the status quo of drinking-based events with a focus on substance abuse and mental health. But there is also a broad spectrum of those who choose not to drink, spanning gender, religion, health status, race, ability, and parenting priorities. As organizations and team members, we can make small changes that make a big impact.

Learning Objectives:

- Be able to identify the diverse spectrum of those who are impacted when professional relationship-building is centered around alcohol.
- Know how following ABA Well-being Pledge #2 aligns with the legal industry's commitment to diversity, equity, inclusion, and belonging.
- Learn pragmatic ways to create inclusive events that support those who choose not to drink.

REGISTRATION: <https://www.americanbar.org/events-cle/mtg/web/438381573/>

Thursday, 5/9 at 1:00 – 2:00 pm ET

Enhancing Legal Work Through Technology & Innovation



Panelists: Danielle Marie Hall, Emily Amara Gordon, Nykoyo-Ene Effiong,

Join us for a deep dive into the intersection of technology and well-being in the legal profession. Our speakers will guide you through strategies to minimize distractions and maximize the positive impact of technology on your work and life.

This program explores how technology is both a help and a hinderance to our legal work and well-being. The speakers will explain how to reduce the distractions and destructive aspects of tech, and how to enhance lawyer well-being through savvy and strategic use of technology tools. We will discuss strategies for using apps, workflows, delegation, and more to create focus, lift moods, streamline tedious tasks, and promote healthy collaboration.

Learning Objectives:

- Evaluate how different technologies currently affect individual lawyer productivity, stress levels, and work-life balance.
- Identify opportunities to implement tools and workflows that automate administrative tasks.
- Learn about wellness apps and approaches to build better work habits through motivation and mindfulness.
- Discuss best practices for delegating, collaborating, and empowering teams through the mindful adoption of helpful technologies.
- Analyze the role of technology in your work life and discover solutions to leverage tech for greater wellbeing.

REGISTRATION: <https://www.americanbar.org/events-cle/mtg/web/438670036/>

Friday, 5/10 at 1:00 – 2:00 pm ET

The Superpower in Lawyering Like a Human Part 2: Embracing Your Humanity to Uplevel Your Lawyering

Panelists: Karin Green, Katy Goshtasbi, Juan Elmer Zuniga

Come explore what the humanity of lawyering looks like and how to find harmony being you AND a lawyer.



It is time to go deeper into how accepting who you are can lead to increased connections, resilience, and efficacy in practicing law. Back by popular demand, we continue our exploration of how being an effective lawyer is more than your substantive work. The best lawyers know how to lead from their whole selves to connect with clients, co-counsel, the court, and juries. In 2023, and now in 2024, ours is a world of disconnection and it will never be enough to simply be an excellent technical lawyer. Allowing yourself to remember the real you, allows you to generate wellness for yourself and your practice. Join this panel as we explore in more depth what the humanity of lawyering looks like and how to find harmony being you AND a lawyer.

Attendees will learn:

- How to emotionally resonate with your clients, prospective clients, bench, bar, colleagues and family.
- Where our humanity "hides" from allowing us to feel whole and well, as lawyers and as people and the tools to use to unearth your humanity.
- The blocks and obstacles that may be standing in your way and how to remove them easily and gracefully.
- What it means to bring your humanity to your practice of law and the new challenges 2024 brings
- Tools and perspective to master your humanity and be a happier, healthier and more successful lawyer.

REGISTRATION: <https://www.americanbar.org/events-cle/mtg/web/438380399/>



STATE EVENTS

California

Date: Tuesday, May 7, 2024

Time: 3 pm Pacific Time

Availability: Free and open to anyone.

Description: Wellness in Law: Finding Harmony Between Personal and Professional Performance

[REGISTRATION \(CA\)](#)

District of Columbia

Date: Thursday, May 9, 2024

Time: 9:45 am - 3 pm Eastern Time

Availability: Free and open to anyone.

Description: D.C. Bar Annual Well-Being Summit. Hosted during Mental Health Awareness Month and Lawyer Well-Being Week, our summit aims to raise awareness and take action on behavioral health issues while reducing stigma. It's a chance to invest in yourself, your career, and the well-being of our legal community. Dive into sessions that resonate with you, whether focusing on regulating emotions, fostering healthy coping mechanisms, or finding balance in your daily life. With flexible programming options, you can select the sessions that fit your schedule and interests.

[REGISTRATION \(DC\)](#)



Massachusetts

Date: Thursday, May 9, 2024

Time: 4 pm - 6 pm Eastern Time

Availability: Free and open to anyone.

Description: Realizing Your True Potential: An Evening with The Performance Whisperer, George Mumford, and Local Attorneys (*Hosted by the SJC Standing Committee on Lawyer Well-Being, the Institute for Well-Being in Law, the Massachusetts Bar Association, and the Boston Bar Association*)

This special program will feature George Mumford, a.k.a. The Performance Whisperer, a globally recognized speaker, teacher, person in long-term recovery, and pioneer in sports psychology and performance. Since 1989, he's been honing his groundbreaking performance and mindfulness techniques with people from locker rooms to board rooms, Yale to jail — as Phil Jackson's 'Secret Weapon' to winning eight NBA Championships, helping Michael Jordan transform his leadership, and teaching Kobe Bryant to "just be."

George's strategies that utilize mindfulness, self-regulation, and self-awareness, work in all high stress environments including the practice of law. George will help us to understand how unlocking these strategies can impact our performance and happiness in the profession.

The keynote address will be followed by a panel discussion among lawyers and lawyer-athletes, including:

Moderator: Payal Salsburg (Laredo & Smith, LLP, SJC Standing Committee on Lawyer Well-Being

Stacey Best (Lawyers Concerned for Lawyers)

Amanda Rowan (Massachusetts Trial Court, MBA Well-Being Committee)

Kelly Cooke (Morgan Lewis)

Tasha Marshall (Office of Bar Counsel, Mass Black Lawyers Association)

Wendy Tamis Robbins (WTR Enterprises, MBA Well-Being Committee)



[REGISTRATION \(MA\)](#)

Missouri

Date: Tuesday, May 7, 2024

Time: 12 pm Central

Availability: Free and open to MO Bar Members ONLY.

Description: Secondary Trauma in the Legal Profession - An analysis of how secondary trauma can impact lawyers and how to respond to these impacts.

REGISTRATION (MO) (link coming soon)

New Hampshire

Date: Wednesday May 8, 2024

Time: 12 pm Eastern

Availability: Pricing varies based on NH Bar status.

Description: Lawyering and Finding Emotional Health

[REGISTRATION \(NH\)](#)



New York

Date: Daily Events May 6, 7, 9, 10, 2024

Time: vary daily (available in registration)

Availability: Free and open to anyone.

Description:

Monday - Finding Focus: Virtual Co-working

[REGISTRATION \(NY M\)](#)

Tuesday - The Eight Pillars of Attorney Well-Being: Finding Balance in the Profession (1 LPM - CLE)

[REGISTRATION \(NY T\)](#)

Thursday - Building Boundaries: Interactive Workshop

[REGISTRATION \(NY Thurs\)](#)

Friday - Mindful Moments: Spring Meditation

[REGISTRATION \(NY F\)](#)

Washington

Date: Friday, May 10, 2024

Time: 8:55 am - 12 pm Pacific Time



Availability: \$79.50 and open to anyone.

Description: Grace and Space: Making Room for Social Connections, Vulnerability, and Boundaries in Your Legal Practice. Join the WSBA Member Wellness group in honoring Well-Being Week in Law by attending this three-hour CLE. Learn how to connect with colleagues through a Peer Advisor program. We will also discuss protecting your well-being by setting and enforcing boundaries and hearing from others how they navigate the challenges of their own legal practice.

[REGISTRATION \(WA\)](#)



INDEPENDENT EVENTS

California Lawyers Association

Date: Wednesday, May 8, 2024

Time: 12:15-1 pm Pacific Time

Availability: Free and open to anyone.

Description: Health And Wellness In California Law: The Effect Of Civility In The Practice And From The Bench

[REGISTRATION](#)

Lawyer's Mutual Insurance Company

Date: Sunday, May 5, 2024

Time: 7:30 am-12 pm Pacific Time

Availability: participation fee and open to anyone.

Location: Embarcadero Park, 200 Marina Park Way San Diego, CA 92101

Description: To kick off Well-Being Week, Lawyers' Mutual is proud to sponsor the Running for the Law 5K on Sunday, May 5, 2024 at Embarcadero Marina Park South. Being physically active boosts energy levels, concentration skills, while simultaneously helping to manage stress and anxiety. Regular exercise plays a vital role in maintaining a healthy mind and body. Come visit the Lawyers' Mutual booth or register to participate. This event is family and dog friendly. We encourage you to join us for this light and fun physical activity. For any questions, contact our Member Benefits department atmbinfo@lawyersmutual.com



[REGISTRATION](#)

Mindfulness in Law Society

Date: Daily, May 6-10, 2024

Time: 9-9:30 am Eastern Time

Availability: free and open to anyone.

Description: Kick-off each morning of Well-Being Week in Law **May 6-10** with a mindfulness practice. **Monday**: Qigong with Courtney Schulnick. **Tuesday**: *Mindfulness Practice for Attorneys: Embracing the Present* with Tracy Meyers. **Wednesday**: Mindful self-reflection with Lynn Hogewood **Thursday**: Metta practice with Brendan Cournane. **Friday**: Yoga with Maria Bries

[REGISTER \(MILS M,W,THR,F\)](#) [REGISTER \(MILS T\)](#)

PLI

Date: Wednesday, May 8, 2024

Time: 3-4 pm Eastern Time

Availability: free and open to anyone.

Date: Friday, May 10, 2024

Description: Thriving Through Turbulence: Strategies for Maintaining Well-Being. Join us for an empowering presentation on maintaining well-being during challenging times. Explore actionable techniques to nurture your mental, emotional, and physical health amidst adversity. Learn how to cultivate resilience, foster positive habits, and thrive despite life's obstacles. Gain insights and tools to navigate difficulties with grace and emerge stronger than ever.

[REGISTRATION \(PLI\)](#)





IWIL EVENTS *ABA EVENTS *STATE EVENTS* OTHER EVENTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TBD					
9 am ET	Mindfulness MILS Qigong	Mindfulness MILS Present Moment	Mindfulness MILS Self Reflection	Mindfulness MILS Meta Meditation	Mindfulness MILS Yoga
11 am ET		11-12:15 am ET (NY) <u>8 Pillars of Atty Well-Being</u>			11 am ET IWIL <u>Share your passion - Music</u>
11:30 am ET					
12 pm ET	12-12:45 pm ET IWIL Movement (<u>Ergonomics</u>)			12-1:30 pm ET (NY) <u>Building Boundaries</u>	12 pm ET IWIL Share your passion - <u>Writing or Cooking</u> 12-3 pm ET (WA) <u>Grace & Space</u>
12:30 pm ET					



1 pm ET	1-1:30 pm ET IWIL Movement (ballet or peloton) 1-2 PM ET (ABA) <u>Let's Not Get a Drink</u>		1:00-2:30 pm ET IWIL <u>Well-Being Lab, Turning Knowing Into Doing With Playful Experimentation</u>	1-2 PM ET (ABA) <u>Enhancing Legal Work Through Technology & Innovation</u>	1 pm ET IWIL Share Your Passion - <u>Knitting or Travel</u> 1-2 PM ET (ABA) <u>Let's Not Get a Drink</u>
1:30 pm ET	1-1:30 pm ET IWIL Movement (seated boxing or HIIT)				2 pm ET IWIL Share Your Passion - <u>Art Journaling or Photo Walks</u> 1:30-2 pm ET (NY) <u>Mindful Moments</u>
2pm ET	2-2:30 pm ET IWIL Movement (yoga)	2-2:30 pm ET IWIL <u>Breaking Up with Alcohol</u>			
3 pm ET	3-4 PM ET (NY) <u>Finding Focus</u>		3-4 pm ET PLI <u>Thriving Through Turbulence</u>		
4 pm ET				4-6 PM ET IWIL/MA <u>Realizing Your True Potential with George Mumford</u>	

