Thursday, January 19, 2017
1:30 p.m. – 4:45 p.m.
Living Above the Bar (Wellness) Committee
3.0 MCLE Credit Hours, including up to 3.0 LEPR Credit Hours and 2.5 SA/MH Credit Hours
Supreme Court Commission on CLE Course #: 170445

Fit to Practice: Finding Balance to Find Your Happy

As the South Carolina Rules of Professional Conduct explain, lawyers serve in various capacities, including as advisors, advocates, negotiators, and evaluators. In each of these roles, the lawyer “should be competent, prompt and diligent”; “should maintain communication with a client concerning the representation”; and “should keep in confidence information relating to representation of a client.” A lawyer must be guided by personal conscience and the approbation of professional peers, and a lawyer should strive to “attain the highest level of skill, to improve the law and the legal profession and to exemplify the legal profession's ideals of public service.”

While these areas are among the noblest aspirations of our profession, they often lead to deleterious behaviors, including hyper-competitiveness, overworking, sedentary lifestyles, and unhealthy eating habits. Perhaps not surprisingly, as a result, lawyers boast the nation’s highest levels of stress, dissatisfaction, burnout, divorce, preventable disease, suicide, and substance abuse. Fortunately, now, if a lawyer appears to be impaired, there are methods by which members of the Bar may intervene and assist. This seminar offers a number of short presentations from subject-matter experts on a wide range of topics, providing you with a menu of options to maintain or regain optimal mental, physical, emotional, and professional fitness and wellbeing, healthy stress management, a healthy work/life balance, and the methods by which you can assist others whom you detect may be impaired.

Speakers include:

- Jeena Cho, lawyer and author of *The Anxious Lawyer, An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation*;
- A fellow bar member who will show that professional productivity can be increased by leading a healthier lifestyle and getting outside more frequently;
- Fellow bar members who will discuss the impact of Rule 428, SCACR;
- An Associate Athletic Director from Clemson University, who specializes in nutrition, discussing the effect dietary and nutritional choices have on lawyers’ wellness, stress levels, professional performance, and longevity;
- A fellow bar member who has unique experience and insight into balancing the demands of legal practice with the unexpected challenges posed by familial and other non-work related obligations; and
- A mental health advocate with strategies for recognizing mental health issues in yourself and others (lawyers, judges, clients and others), strategies for seeking help in treating mental health issues, and the de-stigmatization of mental health issues.

You will learn the significance of finding balance in your legal practice if faced with extraordinary familial or other non-work related obligations. You will be given practical strategies for dietary health and nutritional choices and learn why such practices are important to your practice. You will learn to recognize mental health issues in yourself as well as in other lawyers, judges, or clients and be provided practical strategies for seeking assistance. You will learn the importance of de-stigmatization of mental health issues. You will learn how to help others in our profession who may be suffering. You will receive tips on ways to incorporate the outdoors in creating your own healthy lifestyle. Finally, you’ll hear how to find balance through mindfulness, meditation, and stress reduction strategies so that you maintain your resilience, mitigate burnout and anxiety, and find joy in your law practice.
**Agenda**

1:30 p.m. – 1:50 p.m.  Recognizing Mental Health Issues in Yourself and Others (Judges, Lawyers, or Clients), Using Strategies to Seek Help in Treating Mental Health Issues, and de-stigmatizing Mental Health Issues  
*Paton Blough, Greenville*

1:50 p.m. – 2 p.m.  **Rule 428**  
*Carolyn C. Matthews, Columbia*

2 p.m. – 2:20 p.m.  Harnessing the Power of Nature to Reduce Stress and Increase Productivity  
*Jo Hackl, Greenville*

2:20 p.m. – 2:40 p.m.  The Effect of Dietary and Nutritional Choices on Lawyers’ Wellness, Stress Levels, Professional Performance, and Longevity and How to Make the Right Choices  
*Dr. Loreto Jackson, Clemson*

2:40 p.m. – 2:55 p.m.  **Break**

2:55 p.m. – 3:15 p.m.  Balancing the Professional Obligations of Attorneys with Unexpected Needs Such As Family Health Challenges  
*Jennifer Breaux Howe, Greenville*

3:15 p.m. – 4:45 p.m.  Recognizing and Mitigating Burnout and Anxiety and Employing Mindfulness, Meditation, and Stress Reduction Strategies  
*Jeena Cho, San Francisco, CA*

**Course Planners:**  
*Lindsay Joyner, Columbia*  
*Miles Coleman, Columbia*