



MAY 22



1.5 HOURS

Presented by the OSBA Women in the Profession Section

# Be Daring: Choose You!

Finding Peace in the Practice of Law:  
Mind, Body, and Soul Survival Guide for Lawyers

**May 22, 2018**

10 a.m. – 4 p.m.

## Ohio State Bar Association

1700 Lake Shore Dr.  
Columbus, Ohio 43204

**OSBA Members: \$25.00**

**Non-members: \$35.00**

- 1.5 CLE credit hours
- Casual attire permitted
- **Lunch will be provided**



### Rebecca Simon

Rebecca Ann Simon is a member of the California Bar and an Associate Professor of Law at Southwestern Law School in Los Angeles. She also the national Executive Director of the Mindfulness In Law Society. Professor Simon holds a B.A. from the University of California, Berkeley, a J.D. from Southwestern Law School, and a Certificate in Public Policy from the Pardee RAND Graduate School.



### Jarrett Green

After practicing high-stakes business litigation for 12 years at Skadden Arps and at his own firm, Jarrett transitioned away from the practice of law to live his passion of helping lawyers and other professionals in high-stress environments reduce their stress and emotional suffering, and improve their joyfulness, emotional well-being, cognitive performance, productivity, and overall success. He works with a variety of businesses, such as Tesla Motors, Zenith Insurance Company, Skadden Arps, Baker Hostetler, and Knobbe Martens.



### Kristin Kirkpatrick

Wildly-popular nutritionist and author of the Skinny Liver will provide cutting-edge tips on nutrition; Kristin will discuss healthy eating habits and have a hands-on food demonstration. Kristin is a frequent guest of the Dr. Oz show and has her own program on PBS.

**Register at: [Ohiobar.org/18-WIPSpring](http://Ohiobar.org/18-WIPSpring)**  
You'll be refreshed and renewed!

**Questions? Contact:**  
Jennifer Harrell, [jharrell@ohiobar.org](mailto:jharrell@ohiobar.org)

## Agenda | 10:00 a.m. to 4:00 p.m.

### 10:00 Personal Wellness and Professional Greatness: Becoming a Happier and Better Lawyer by Upgrading Your Thoughts and Emotions

One thing all practicing attorneys have in common is that our careers sometimes bring us palpable stress. None of us is immune to the challenging demands of the profession. Indeed, statistics show that in comparison to other professions, lawyers disproportionately experience stress, anxiety, depression, suicide, alcohol abuse, substance abuse, anger, and other objective indicators of emotional suffering. Despite being highly educated in matters of the intellect, lawyers tend to have very little education in self-awareness, emotional regulation, and thought reframing. When that major stressor or challenge comes in, we often feel overwhelmed, anxious, or resentful of it. We wish it to be different, yet often lack the tools or ability to navigate through the challenge without emotional suffering. This suffering not only impairs our happiness and joy in life, but interferes with the quality of our lawyering, professional decision-making, and business relationships. This workshop will deliver a set of introductory tools to navigate these reoccurring challenges in new, healthier, and more effective ways. In this two-hour program, attendees will be provided a collection of mindfulness, emotional intelligence, and cognitive enhancement tools they can bring back to their firms/practice, so they can reduce their stress and other challenging emotions, increase their joy and emotional freedom, and optimize their cognition and overall success. The result will be happier and better lawyers.

*Rebecca A. Simon, Esq.; Executive Director, Mindfulness In Law Society  
Jarrett Green, Esq.; Stress Management & Peak Performance Consultant*

### 12:00 Lunch

### 1:00 The New Rules of Food

Make 2018 your healthiest year ever by changing the way you eat and shop.

Anti-inflammatory Diet

What you should eat (and not eat) to calm the flames of disease.

### 3:00 Two 30-minute interactive presentations:

- Smoothie examples for breakfast, lunch, and dinner
- Quick dinner fixes that are almost already prepared

*Kristen Kirkpatrick, MS, RDN; Cleveland Clinic Wellness Institute; Cleveland, Ohio*

Walk away from WIP Spring Program refreshed and renewed.