

A photograph of four business professionals (two men and two women) in an office setting, engaged in a conversation. They are dressed in professional attire, including blouses, blazers, and suits. The background shows a modern office with large windows and a staircase.

BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY

A SERIES OF SIX WORKSHOPS IN 2018 – 2019

Who should attend? Everyone! Whether you have been practicing 2 years or 40 years, lawyers and judges will learn new strategies for fitness through positive change and wellness.

**TUESDAY, SEPTEMBER 18, 2018 | TUESDAY, OCTOBER 16, 2018 | TUESDAY, NOVEMBER 20, 2018
TUESDAY, JANUARY 15, 2019 | TUESDAY, FEBRUARY 19, 2019 | TUESDAY, MARCH 19, 2019**

1.0 hour CLE credit in Enhanced Ethics per session

Live in New Castle County at Delaware State Bar Association, 405 N. King St., Suite 100, Wilmington, DE
Live webcast in Kent County at Morris James LLP, 850 New Burton Rd, Suite 101, Dover, DE
Live webcast in Sussex County at Tunnell & Raysor, 30 E. Pine St., Georgetown, DE

ABOUT THE PROGRAM

According to the Rules of Professional Conduct an attorney must be fit. The astute attorney, however, understands that fitness means more than just fitness of legal expertise; it means also those qualities of physical, mental and psychological health that enables a lawyer to carry out the demands and the responsibilities to their clients and to their profession. More specifically, the fit attorney practices law while practicing personal wellness.

Each Workshop is free to attend or \$50 to receive CLE credit.

Hosted by Delaware Lawyers Assistance Program (DE-LAP)



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PROGRAM

WORKSHOP ONE

TUESDAY, SEPTEMBER 18, 2018

11:30 A.M.: NETWORKING/LIGHT FARE

12:00 NOON - 1:00 P.M.: SPEAKER AND DISCUSSION

THE NUTS AND BOLTS OF WELLNESS WITHIN THE LEGAL PROFESSION

As host, DE-LAP staff will explore and discuss the ABA Wellness Task Force; the Nuts and Bolts of our Wellness Program and the ABA Well-Being Toolkit for Lawyers and Legal Employers – all in an effort to encourage fitness to practice through prevention and wellness.

WORKSHOP TWO

TUESDAY, OCTOBER 16, 2018

11:30 A.M.: NETWORKING/LIGHT FARE

12:00 NOON - 1:00 P.M.: SPEAKER AND DISCUSSION

WELLBEING AND PHYSICAL FITNESS

Speaker: Christofer C. Johnson, Esquire

Back by popular demand, Christopher Johnson, Esquire will help us embrace physical exercise and fit it into our busy lives.

WORKSHOP THREE

TUESDAY, NOVEMBER 20, 2018

11:30 A.M.: NETWORKING/LIGHT FARE

12:00 NOON - 1:00 P.M.: SPEAKER AND DISCUSSION

MEDITATION FOR LAWYERS THE ULTIMATE RELAXATION RESPONSE

Speaker: Dr. Jim Walsh

Always popular and also back by popular demand, Dr. Walsh will discuss and show us where the mind goes, our energies follow – Meditation Training for Lawyers.

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PROGRAM

WORKSHOP FOUR

TUESDAY, JANUARY 15, 2019

11:30 A.M.: NETWORKING/LIGHT FARE

12:00 NOON - 1:00 P.M.: SPEAKER AND DISCUSSION

RATIONAL THINKING OR HOW TO CHALLENGE YOUR FLAWED THOUGHTS

Speaker: Rich Lombino, Esquire, LCSW

Resilience thrives on positive thoughts not negative. Learn tips and skills for overcoming toxic thinking.

WORKSHOP FIVE

TUESDAY, FEBRUARY 19, 2019

11:30 A.M.: NETWORKING/LIGHT FARE

12:00 NOON - 1:00 P.M.: SPEAKER AND DISCUSSION

YIN/YANG: ASSERTIVENESS AND ANGER MANAGEMENT FOR LAWYERS

Speaker: Dr. Carol Tavani, MD

Learn how to be assertive without being aggressive.

WORKSHOP SIX

TUESDAY, MARCH 19, 2019

11:30 A.M.: NETWORKING/LIGHT FARE

12:00 NOON - 1:00 P.M.: SPEAKER AND DISCUSSION

WELLBEING THROUGH TIME MANAGEMENT FOR LAWYERS

Speaker: Daniel Robey, Esquire

Well-known Virginia attorney will show us how to achieve less stress through time management.

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REGISTRATION FORM

THREE WAYS TO REGISTER:

- NEW! Register online at www.dsba.org/cle. Log in and select Live Seminars (DSBA members only).
- Fax this completed form with credit card information to (302) 658-5212
- Mail this completed form with check or credit card information to:
Delaware State Bar Association, 405 N. King St., Suite 100, Wilmington, DE 19801

REGISTER ONLINE

Behind the Cool Image: A Series of six workshops in 2018 – 2019

DSB09182018THE_N, DSB10162018WELLB, DSB11202018MEDIT, DSB01152019RATIO, DSB02192019YING_, DSB03192019WELLB

SELECT LOCATION:

- Delaware State Bar Association in Wilmington Morris James in Dover Tunnell & Raysor in Georgetown

SELECT SESSION:

Please check all dates attending

- Tuesday, September 18, 2018 / Session One Tuesday, October 16, 2018 / Session Two
 Tuesday, November 20, 2018 / Session Three Tuesday, January 15, 2019 / Session Four
 Tuesday, February 19, 2019 / Session Five Tuesday, March 19, 2019 / Session Six

SELECT REGISTRATION TYPE:

All rates include the CLE Seminar and Material Download

- Members and Staff: \$50 for an individual session for CLE Credit Nonmembers: \$100 for an individual session for CLE Credit
 Members and Nonmembers attending for no CLE Credit - no charge
 PA Credit – Add \$3 per seminar PA ID No. _____

Name: _____ DE ID No.: _____

E-mail: _____

Firm: _____ Phone: _____

Address: _____

Check/Charge in the amount of \$ _____ enclosed. Please make checks payable to DSBA.

MasterCard Visa Amex Discover Exp. Date: _____ CVV: _____ Card No.: _____

Signature: _____ (Required if card purchase) Billing Zip Code: _____

General Information

Return registration form to Delaware State Bar Association, 405 N. King St., Suite 100, Wilmington, Delaware 19801, or by fax to (302) 658-5212. A confirmation will be emailed to the registrant. Please keep a copy of this form as your receipt. A registrant may cancel a registration for a live seminar, but a request for a refund for that cancelled registration must be made in writing and must be received no later than one week prior to a seminar to be approved. PA CLE Credit will be reported according to the PA CLE Board rules: www.pacle.org. Unpaid registrants who fail to attend are responsible for the full cost of the live seminar. A registration for a live seminar may be transferred to another attorney. Call DSBA at (302) 658-5279 for more information. Visit www.dsba.org for all seminar policies.

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