

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

# BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY

## A SERIES OF FIVE WORKSHOPS IN 2019 – 2020

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, OCTOBER 1, 2019 | TUESDAY, NOVEMBER 5, 2019 | TUESDAY, JANUARY 7, 2020  
TUESDAY, FEBRUARY 4, 2020 | TUESDAY, MARCH 3, 2020**

**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

DE-LAP is proud to once again plan and host Behind the Cool Image: Lawyering in the 21st Century. The astute attorney understands that fitness means more than just fitness of legal expertise; it means also those qualities of physical 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. Behind the Cool Image: Lawyering in the 21st Century offers sound tips on how you can be the best legal professional possible.

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

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**Hosted by Delaware Lawyers Assistance Program (DE-LAP)**



# BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY

## PROGRAM

### WORKSHOP ONE

TUESDAY, OCTOBER 1, 2019

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

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

#### **AN ATTORNEY'S WELLNESS BLUEPRINT: A NEW VISION OF WELLNESS**

**Speakers:** Carol Waldhauser, Certified Inventory Wellness Coach

Alice O'Brien, LPCMH

Rich Lombino, Esquire, LCSW

We will explore and outline how you can be your best by designing what works for you in the way of your personal and professional wellness toolkit. We will discuss the ABA Wellness Task Force, the Nuts and Bolts of our Wellness Inventory and how you can design your own guide to physical, mental, emotional and spiritual wellness. If you want, we even have the tools for your own personal Assessment, Action Plan, Virtual Coach, Progress Tracker, Self-Study Center and Resource Center - all free.

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### WORKSHOP TWO

TUESDAY, NOVEMBER 5, 2019

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

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

#### **LAWYERING AS A SPIRITUAL PATH**

**Speakers:** R.J. Scaggs, Esquire

Alice O'Brien, LPCMH

A Blueprint for an Attorney's Spiritual Path. Lawyers routinely deal with human greed, ego, and selfishness in their environment and culture, including their own. To deal with this, we need a life that includes balance and reflection. In fact, it is part of our wellness inventory. Join R.J. Scaggs, Esquire, Partner, Morris Nichols Arsht & Tunnell LLP and Alice O'Brien, LMHC, to reflect on what you can design in your own spiritual path.



# BEHIND THE COOL IMAGE: LAWYERING IN THE 21ST CENTURY

## PROGRAM

### WORKSHOP THREE

TUESDAY, JANUARY 7, 2020

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

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

#### **BUILD RESILIENCE: IMPROVE YOUR LAW PRACTICE**

Speaker: Rich Lombino, Esquire, LCSW

A Blueprint to be resilient and ready. Lawyers need to have mental toughness so that you can come back from setbacks, bad results, losses, etc. Learn how resilience thrives on positive thoughts not negative. Pick up tips and skills for overcoming toxic thinking while learning how to increase your happiness factors right now.

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### WORKSHOP FOUR

TUESDAY, FEBRUARY 4, 2020

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

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

#### **KNOWING WHAT YOU NEED TO BE GOOD TO YOURSELF**

Speaker: TBA

A Blueprint for Self-love and what you need to know to nourish yourself. Learn how to be assertive without being aggressive. Learn to say no and put your oxygen mask on first. Realize that some selfish is good selfish and aides in total wellness.

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### WORKSHOP FIVE

TUESDAY, MARCH 3, 2020

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

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

#### **WELLBEING THROUGH TIME MANAGEMENT FOR LAWYERS**

Speakers: Carol Waldhauser, Certified Wellness Coach  
Alice O'Brien, LPCMH

A blueprint for Self and Time Management – just for legal professionals. Learn the elements of a time management plan and how to successfully implement it. Learn how to quash that procrastination. (Workbook available)

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## REGISTRATION FORM

### THREE WAYS TO REGISTER:

- NEW! Register online at [www.dsba.org/cle](http://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 five workshops in 2019 – 2020

DSB10012019AN\_AT, DSB11052019LAWYE, DSB01072020BUILD, DSB02042020KNOWI, DSB03032020WELL\_

### SELECT LOCATION:

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

### SELECT SESSION:

Please check all dates attending

- Tuesday, October 1, 2019 / Session One       Tuesday, November 5, 2019 / Session Two  
 Tuesday, January 7, 2020 / Session Three       Tuesday, February 4, 2020 / Session Four       Tuesday, March 3, 2020 / Session Five

### 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  
 Attending all (5) CLEs for (5) Enhanced Ethics credits: \$199 for members (not available to non-members)  
 PA Credit – Add \$3 per seminar PA ID No. \_\_\_\_\_

Name: \_\_\_\_\_ DE ID No.: \_\_\_\_\_

E-mail: \_\_\_\_\_

Employer/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. **CANCELLATION POLICY:** Registrants may receive a full refund less a \$25 cancellation fee for live seminars, if request is made in writing and received no later than one week prior to the seminar. PA CLE Credit will be reported according to the PA CLE Board rules: [www.pacle.org](http://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](http://www.dsba.org) for all seminar policies.

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