



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL FEBRUARY CLE PROGRAMS

Avoiding Burnout as an Ethical Imperative

Tuesday, February 6, 2024, 4:00—5:00 P.M.

1.0 Hour Ethics Credit (applied for)

Register [Here](#)

As lawyers serving clients, the profession, and our system of justice, we may feel exhausted, discouraged, stressed, and “burned out.” Burnout, and the chronic workplace stress that leads to it, has a significant impact on our health and well-being and our ability to meet the ethical standards of our profession. This program explores that impact and the imperative to address it to avoid harm to our clients and others.

Mindfulness for Wellness

Tuesday, February 20, 2024, 4:00 —5:00 P.M.

1.0 Hour Standard Credit (applied for)

Register [Here](#)

Vicarious trauma, chronic stress, and burnout impact our competence personally and professionally. We need to take care of our wellness so that we can serve our community, clients, family, and friends. Mike Millios, experienced trial lawyer, mediator, Veteran, and founder of Karuna Community, offers mindfulness tools for improved mental and physical wellness. After 8 years as an Army Judge Advocate, Mike trained in the areas of trauma informed yoga, meditation, wellness coaching, and mindfulness. In this session, Mike will offer an introduction to mindfulness tools that will help support your path to wellness. Program donations encouraged to [Karuna Community](#).

After registering, you will receive a confirmation email containing information about joining the meeting. These programs are open to all legal professionals. For more information, please call 651-646-5590 or email [Joan Bibelhausen](#). LCL does not charge for these programs; contributions are gratefully appreciated. [Donate here](#).

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