

**LCL-SPONSORED COURSES**

Event Code	Event Date	Course Title	Location	Strd	Ethics	Elimination of Bias	Mental Health
520618	1/21/2025	Perfecting without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals	Live Webcast				1
519997	1/15/2025	Mental Health and Substance Use in the Legal Profession and the Practice of Law	Saint Cloud, MN				1
518164	1/9/2025	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Saint Paul, MN				1
520627	1/7/2025	Resolve to be Resilient	Live Webcast				1
519718	12/20/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law	On-Demand				1
519717	12/20/2024	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	On-Demand				1
519604	12/17/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law	Live Webcast				1
518170	12/12/2024	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Live Webcast				1
517425	10/31/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law	In House				1
516961	11/21/2024	Understanding and Managing Holiday Stress	Live Webcast	1			
516958	11/12/2024	Ethical Dangers of Isolation in the Legal Profession	Live Webcast		1		
515882	10/29/2024	Surviving and Thriving in Challenging Times	In House	1			
515176	10/16/2024	One Lawyer's Experience Championing Accessibility in Disability Law	Live Webcast	1			
515175	10/14/2024	Understanding Racial Trauma and its Pervasive Effects	Live Webcast			1	
513369	10/2/2024	Mental Health and Substance Use in the Legal Profession and the Practice of Law/In-house Webcast	In-House Webcast				1
512957	9/13/2024	Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals	Live Webcast				1
514083	9/11/2024	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Profession	On-Demand				1
513573	9/10/2024	Suicide Awareness and Prevention	Live Webcast			1	
511942	8/27/2024	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Pro	Live Webcast				1
511939	8/13/2024	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Webcast			1	
510465	7/23/2024	Managing Ethics, Stress, and Negativity	Live Webcast		1		
509538	7/17/2024	Sustainable Wellness: A Trauma-Informed Look at Cultivating Calm Beyond the Pandemic Woes (Renewal of 4	On-Demand	2			
510297	7/9/2024	Understanding Chronic Stress, Trauma, and Mental Illness in the Legal Profession	Live Webcast				1
508600	6/20/2024	Cultivating Resilience to Thrive at Every Stage of our Personal and Professional Lives as Lawyers	Live Webcast	1			
508146	6/13/2024	Interrupting Bias While Surviving & Thriving in Challenging Times	Minneapolis			1	
505329	6/12/2024	Chronic Stress, Trauma, Mental Health & Addiction in the Legal Profession	Live Webcast			1	
508599	6/11/2024	Mental Health, Addiction, and Transition in Older Adults	Live Webcast			1	
507605	6/4/2024	Reducing Stigma to Avoid Chronic Stress and Burnout	Live Webcast			1	
508241	5/31/2024	Vicarious Trauma, Empathy Distress Fatigue, and Self-Care in the Legal Profession	Live Webcast	1			
506896	5/15/2024	The Neuroscience of Addiction (Renewal)	On-Demand			1.5	
505492	4/25/2024	Ethics, Mental Health, and Well-Being in a Traumatic and Shifting Environment	Live Webcast		1		
503890	4/23/2024	Keeping It Real: The Trauma-Informed Legal Professional	Live Webcast			1	
503889	4/9/2024	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1			
501282	3/28/2024	Surviving and Thriving in the Law: One Criminal Prosecutor's Well-Being Journey	Live Webcast	1			
501819	3/21/2024	Clients in Crisis - Helping Yourself, Helping Your Clients	Mankato, MN		1		
501279	3/5/2024	Ethical Dangers of Isolation in the Legal Profession	Live Webcast		1		
499312	2/20/2024	Mindfulness for Wellness	Live Webcast	1			
499040	2/6/2024	Avoiding Burnout as an Ethical Imperative	Live Webcast		1		

498992	1/18/2024	Helping Yourself While Helping Others: The ABCs of Well-Being	Saint Cloud, MN	0.5		
498490	1/17/2024	Ethics, Mental Health and Social Media in the Legal Profession	On-Demand		1	
497670	1/4/2024	Ethics, Mental Health, and Well-Being in a Post-Covid World	On-Demand		1	
497667	1/4/2024	Mental Health, Well-Being, and Implicit Bias in a Post-Covid World	On-Demand			1
497664	1/4/2024	Reducing Stigma to Avoid Chronic Stress and Burnout	On-Demand			1
497663	1/4/2024	Clients in Crisis - Helping Yourself, Helping Your Clients	On-Demand		1	
497662	1/4/2024	Avoiding Burnout: What Fuels Your Fire?	On-Demand		1	
497563	1/11/2024	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	Chisholm, MN	1		
497561	1/5/2024	Mental Health, Well-Being, and Implicit Bias in a Post-Covid World	Benson, MN			1
497461	1/16/2024	Resolve to be Resilient - Using Resiliency to Build Your Fitness to Practice	Live Webcast	1		
497375	12/20/2023	Mental Health, Well-Being and Implicit Bias in a Post-Covid World	On-Demand			1
496977	1/23/2024	Ethically Enhancing Workplace Well-Being with Self-Compassion, Gratitude and Joy	Live Webcast		1	
496802	12/4/2023	Mental Health, Addiction, and Transition in Older Adults	Live Webcast			1
496765	11/28/2023	Helping Yourself While Helping Others: The ABCs of Well-Being	Minneapolis	0.5		
495057	11/9/2023	Chronic Stress, Mental Health and Addiction in the Legal Profession	Moorhead, MN			1
494719	11/21/2023	Understanding and Managing Holiday Stress	Live Webcast	1		
494591	11/7/2023	Chronic Stress, Mental Health, and Addiction in the Legal Profession/Live Webcast	Live Webcast			1
493865	10/18/2023	Keeping it Real: The Trauma Informed Legal Professional	Duluth, MN			1
493166	10/24/2023	Creating Connection to Avoid Isolation and Promote Well-Being	Live Webcast	1		
493167	10/19/2023	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Webcast			1
479379	10/11/2023	Suicide Awareness and Prevention	Minneapolis			1
492887	9/25/2023	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	Live Webcast	1		
491663	9/21/2023	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	Live Webcast	1		
491662	9/14/2023	Mental Health, Well-Being, and Implicit Bias in a Post-COVID World	Live Webcast			1
491313	8/30/2023	Mental Health, Well-Being, and Implicit Bias in a Post-COVID World	Lake Elmo			1
491291	8/24/2023	Understanding and Preventing Suicide	Live Webcast			1
491311	8/24/2023	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Minneapolis			1
490294	8/22/2023	Authenticity, New Professionalism and Well-Being	Live Webcast	1		
490347	8/14/2023	Getting Your Bounce Back: Using Resiliency to Preserve Your Fitness to Practice	On-Demand	1		
490295	8/10/2023	Ethics, Mental Health and Well-Being in a Post-COVID Environment	Live Webcast		1	
490060	7/27/2023	Mental Health, Well-Being and Implicit Bias in a Post-COVID World	Minneapolis			1
489368	7/20/2023	Suicide Awareness and Prevention	Live Webcast			1
488645	7/14/2023	Clients in Crisis -	On-Demand		1	
489342	7/11/2023	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
486827	6/29/2023	Clients in Crisis - Helping Yourself, Helping Your Clients	Live Webcast		1	
486768	6/8/2023	Reducing Stigma to Avoid Chronic Stress and Burnout	Live Webcast			1
486780	6/2/2023	Clients in Crisis - Helping Yourself, Helping Your Clients	Willmar, MN		1	
486775	6/1/2023	Client in Crisis	Live Webcast		1	
485311	5/11/2023	Chronic Stress, Mental Health, and Addiction in the Legal Profession/Live Webcast	Live Webcast			1
485070	5/5/2023	Hiding in Plain Sight - Eating Disorders	On-Demand			1
485037	5/4/2023	On Square Pegs and Round Holes: Exploring Neurodiveristy in the Legal Profession	On-Demand			1
479379	5/3/2023	Suicide Awareness and Prevention	Minneapolis			1
485071	5/2/2023	Managing Ethics, Negativity & Stress	On-Demand		1	
484543	4/25/2023	Problem Gambling and the Legal Profession	Live Webcast			1

484544	4/11/2023	Avoiding Burnout as an Ethical Imperative	Live Webcast		1	
483328	3/14/2023	Understanding Stress, Trauma, Mental Illness, and Bias in the Legal Profession	In-House			1
482672	3/1/2023	Mental Health, Well-Being, and Implicit Bias in a Post-COVID Environment	Live Webcast			1
481064	2/23/2023	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
481078	2/22/2023	Help for Colleagues in Crisis: Recognizing and Responding to Impairment and other Challenges in the Legal Pro	Live Webcast			1
481101	2/16/2023	Ethics, Mental Health and Well-Being in a Post-COVID Environment	Mankato, MN		1	
480768	2/16/2023	Hiding in Plain Sight - Eating Disorders	Live Webcast			1
479645	1/17/2023	Managing Ethics, Negativity & Stress	Live Teleconference		1	
479459	1/13/2023	Vicarious Trauma, Compassion Fatigue and Self-Care in the Legal Profession	Live Webcast	1		
478651	1/10/2023	Resolve to be Resilient	St. Paul, MN	1		
478990	1/6/2023	Keeping It Real: The Trauma-Informed Legal Professional	Willmar, MN			1
477300	12/15/2022	On Square Pegs and Round Holes: Exploring Neurodiversity in the Legal Profession	Live Webcast			1
476130	11/29/2022	Avoiding Burnout: What Fuels Your Fire?	Live Webcast	1		
477412	11/17/2022	Understanding and Managing Holiday Stress	Live Webcast	1		
476807	11/16/2022	Stress, Addiction, and Mental Health: An Ethical Perspective	Live Webcast	1		
476510	11/10/2022	Clients in Crisis	Moorhead, MN		1	
476129	11/8/2022	Understanding and Managing Holiday Stress	Live Webcast	1		
470821	10/25/2022	Mental Health, Well-Being and Resilience in a Post-Covid Environment	Live Webcast	1		
475187	10/11/2022	Keeping it Real: The Trauma Informed Legal Professional	Live Webcast			1
470820	9/13/2022	Understanding and Preventing Suicide	Live Webcast			1
470680	9/7/2022	Suicide Awareness and Prevention	On-Demand			1
470681	9/7/2022	Implicit Bias in the Legal Profession: Mental Health & Double Stigma	On-Demand			1
469639	8/23/2022	Understanding Stress, Trauma, Addiction, and Bias in the Legal Profession	St. Paul, MN			1
469640	8/9/2022	Clients in Crisis	St. Paul, MN		1	
467561	7/26/2022	Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession	St. Paul, MN	1		
469584	7/26/2022	Elimination of Bias: Mental Health and Well-Being in a Post-COVID Environment	In-House			1
467560	7/12/2022	Mental Health and Addiction Issues in Older Adults	St. Paul, MN			1
466956	7/8/2022	Sustainable Wellness: A Trauma-Informed Look at Cultivating Calm Beyond the Pandemic Woes	On-Demand	2		
464023	6/28/2022	Stress, Addiction, and Mental Health - An Ethical Perspective	Live Teleconference			1
466890	6/20/2022	Sustainable Wellness: A Trauma-Informed Look at Cultivating Calm Beyond the Pandemic Woes	St. Paul, MN	2		
456109	6/15/2022	Interrupting Stigma While Surviving and Thriving in Challenging Times	Live Teleconference			1
464022	6/14/2022	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	Live Teleconference			1
465454	6/13/2022	Suicide Awareness and Prevention	Live Webcast			1
456016	5/5/2022	Ethics, Mental Health and Well-Being in a Post-COVID Environment	Live Webcast		1	
453783	4/27/2022	Mindful Moments: Engaging in the Present Through Practice	Live Teleconference		1	
453782	4/12/2022	The Path to Lawyer Well-Being and the Legal Profession: Reducing the Stigma of Asking for Help	Live Teleconference			1
445920	3/22/2022	Problem Gambling and the Legal Profession	Live Webcast			1
444655	3/17/2022	Neuroscience of Addiction	On-Demand			1.5
450851	3/17/2022	Ethics, Mental Health and Well-Being in a Post-COVID Environment	Live Webcast		1	
445919	3/8/2022	Getting Your Bounce Back: Using Resiliency to Preserve Your Fitness to Practice	Live Webcast	1		
441399	2/22/2022	When Your Client is Impaired: Addiction and Ethical Issues for Attorneys	Live Webcast		1	
444519	2/17/2022	Keeping It Real: The Trauma-Informed Attorney	Live Webcast			1
441397	2/8/2022	The Neuroscience of Addiction	Live Webcast			1.5
439785	2/2/2022	Resilience in the Face of Uncertainty: Getting Your Bounce Back - and Keeping It	On-Demand	1		

438451	1/25/2022	Mental Health, Well-Being and Implicit Bias in a Post-COVID Environment	Live webcast			1
436321	1/20/2022	Keeping It Real: The Trauma-Informed Attorney	Live webcast			1
433081	1/14/2022	Implicit Bias in the Legal Profession: Mental Health and Double Stigma	On-Demand		1	
433082	1/14/2022	Ethics, Mental Health and Social Media in the Legal Profession	On-Demand		1	
439783	1/14/2022	Interrupting Bias While Surviving & Thriving in Challenging Times	Live webcast			1
438450	1/11/2022	Resilience in the Face of Uncertainty: Getting Your Bounce Back - and Keeping It	Live webcast	1		
<b>COURSES SPONSORED BY OTHERS</b>						
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