

Title: Meditation: How to Become a More Effective (and Less Stressed) Lawyer.

Presented by: Steven M Cohen, Esq. and Lisa Jacobs

Date of CLE Presentation: 1/9/2021

Time of CLE Presentation: 12:30pm-1:30pm

Specialization: Professionalism/ Elimination of Bias/ Mental Health

Description:

Designed by a lawyer at an AmLaw 50 law firm and based on the book *Leading From Within: A Guide to Maximizing Your Effectiveness Through Meditation*, this program introduces participants to the connection between meditation, stress reduction and leadership traits. This program breaks down the barriers people have to starting a meditation practice and introduces experienced meditators to the science behind, and personal and professional benefits of, a regular meditation practice. Practice together various meditation techniques associated with increasing awareness, building connections and achieving potential. Learn how to improve your mental health, physical health and professional performance creating a habit that takes as little as 10 minutes a day. We will also offer participants complimentary resources so they can establish and support their meditation practice and continue their path toward improved performance and reduced stress.

Presenter Bios:

Steven Cohen is global Emerging Business and Technology practice area leader and Princeton office managing partner at Morgan Lewis & Bockius, a large international law firm. He also is co-founder and Chair of Meditation4Leadership, a non-profit organization devoted to building leadership skills and enhancing wellness by spreading the word about the benefits of a regular meditation practice. Steve also facilitates workshops on meditation and leadership. He is the author of *Leading from Within: A Guide to Maximizing Your Effectiveness Through Meditation*, which links 13 key leadership traits with associated meditations.

Lisa Jacobs is a Mindfulness Facilitator and Coach and co-founder of Meditation4Leadership. She blends 25 years in finance, advertising and owning her own business with mindfulness and coaching teachings. Lisa is a Certified Workplace Mindfulness Facilitator and completed CTI's Accredited Coach Training Program. She is passionate about courageous leadership and believes that mindfulness connects us to the leader within.

\

Supplemental Materials:

Downloadable Presenter Bio

Downloadable Course Outline

Downloadable PDF Presentation

Compliance Information:

Downloadable supplemental materials are available to all attendees. Materials include course outline, course application for self-accreditation, presenter bio and any additional course material deemed necessary by the presenter.

This course is offered at www.clecompanion.com and is advertised through various online means such as Email and Social Media.

Attendance is monitored by time in session and polling codes. There is also a short course evaluation at the end of the course. We retain course evaluations for a period of 3 years following the course. The system will not generate a certificate until the time is verified, the polling codes are entered, and the course evaluation is completed. (Course evaluation questions are available upon request.)

Our Question and Answer session is conducted after the presentation via direct communication between the presenter and the attendee. The presenter has agreed to answer any reasonable requests for additional information within a 3-year period from the date of the presentation.

Provider Information:

Course Provided by: CLE Companion, LLC

Contact Person: Kristin Davidson, CEO

Toll-Free: 1-877-670-2520

Email: Kristin@clecompanion.com; support@clecompanion.com