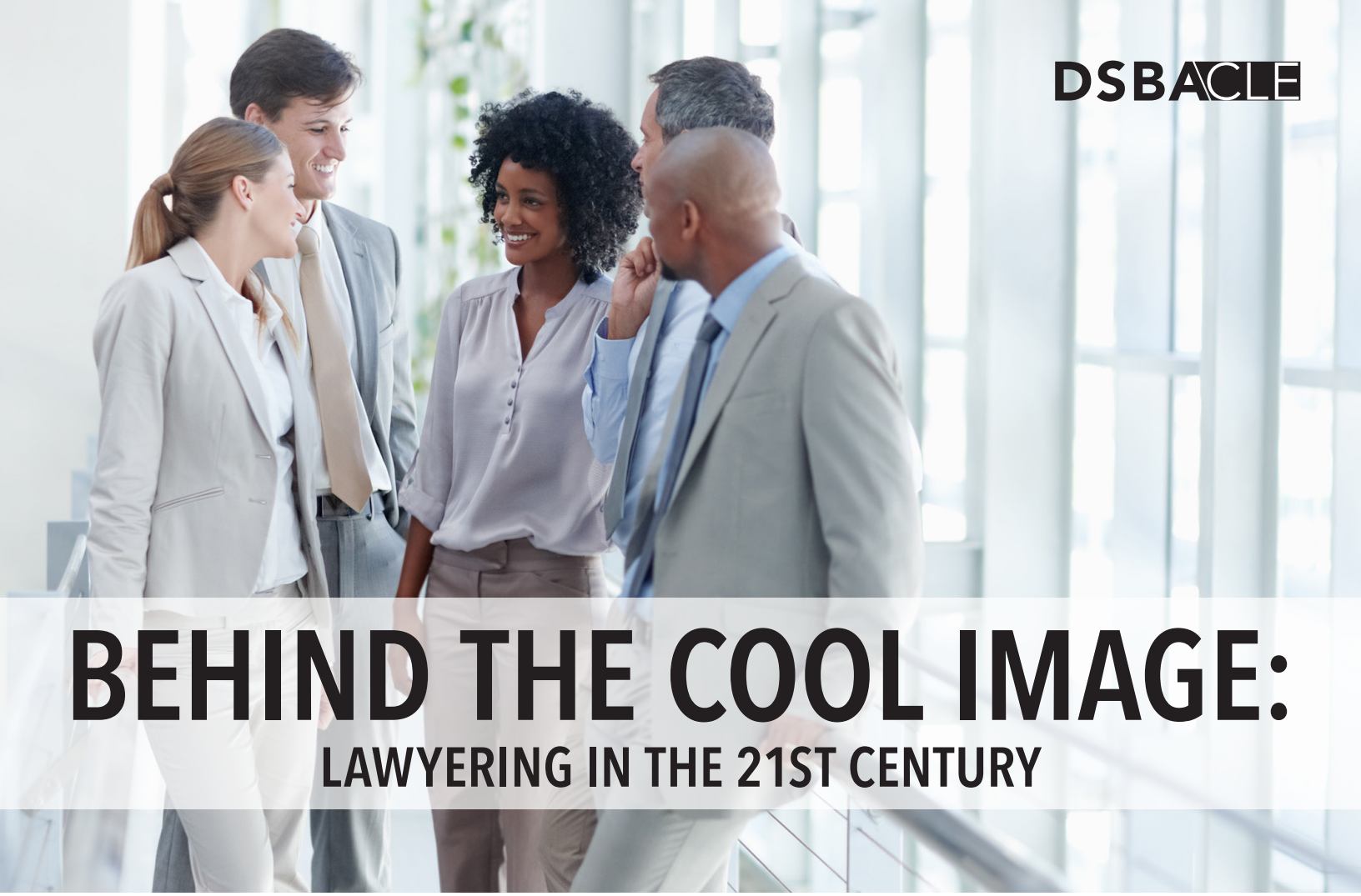
DSBACLE



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.

Hosted by Delaware Lawyers Assistance Program (DE-LAP)

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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.

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.

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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 set-backs, 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.

WORKSHOP FOUR

TUESDAY, FEBRUARY 4, 2020
11:30 A.M.: NETWORKING/LIGHT FARE
12:00 NOON – 1:00 P.M.: SPEAKER AND DISCUSSION

THERE IS A CHAMPION IN EACH OF US!

Speaker: Anthuan Maybank, USA Gold Medalist and Motivational Speaker

In 2020, a powerful tool to use behind your cool image is to find your champion while quashing the patterns that hold you back. Learn new tools for lawyering in the 21st century that find solutions to problems such as: fear, self-doubt, perfectionism, time-management, and troubles with procrastination. Feel the power of the champion within you!

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)

Hosted by Delaware Lawyers Assistance Program (DE-LAP)

BEHIND THE COOL IMAGE:

LAWYERING IN THE 21ST CENTURY

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REGISTRATION FORM

THREE WAYS TO REGISTER:

REGISTER ONLINE

- 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

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

☐ Atending 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. 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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