

Mindfulness for the Legal Mind



THURSDAY, JUNE 16, 2022 | 12 PM - 1 PM PDT
REGISTER: <https://bit.ly/36byiww>

Lawyers position ourselves on the front lines of personal, moral, ethical and cultural battles. Yet being a truly effective advocate requires composure and clarity. How can we be passionate advocates while remaining cool, calm and collected?

In this hour-long virtual presentation, lawyer and law professor Judi Cohen will explore mindfulness as a tool for advocates to reduce stress, increase focus, and find more enjoyment from work.

This special event is provided to current and prospective members of the Cancer Legal Resource Center's (CLRC) Professional Panel through the generosity of Judi Cohen and Warrior One. California MCLE credit pending.

about the presenter

Judi Cohen is a lecturer at Berkeley Law and long-time student of mindfulness and yoga. She is interested in how mindfulness can support lawyer wellbeing, help create a more just society, and encourage a more harmonious relationship with the planet. In 2010 Judi founded Warrior One and in 2016 began the Wake Up Call for Lawyers, a weekly online mindfulness gathering and podcast. She also co-created and continues to co-lead Warrior One's bi-annual Mindfulness in Law Teacher Training. She is a co-facilitator of the annual Law and Social Change Jam, a project of Yes!, as well as a founding board member of the Mindfulness in Law Society, where she serves as chair of the Teachers Collective and as a member of the Diversity, Equity, and Inclusion Collaborative.



questions?

Contact the CLRC at clrc@drlcenter.org.