

Wellness for Our Profession

Ethics CLE



Science-Backed Strategies That Work

December 14, 2017

Tennessee Bar Center – Nashville, Tenn.

Producer: Matt Potempa, Martin Heller Potempa & Sheppard PLLC

Total Credits: 4 General

For years, concerns have been raised about emotional distress, dissatisfaction, and unprofessional behavior in the legal profession. This program will focus on studies and findings about what does and does not influence well-being in the legal profession. Sessions will address:

- Professional success strategies
- Psychological Science
- Creating a Positive Law Firm
- Ways to Become a Resilient Lawyer

8:30 a.m. - 9 a.m.



Registration/Welcome

9 a.m. – 9:15 a.m.

Welcome

Matt Potempa, Martin Heller Potempa & Sheppard PLLC

9:15 a.m. – 9:45a.m.

Creating a Positive Law Firm

Mike recently launched his own law firm and is actively trying to incorporate the science of well-being into the development of his firm. He will share some of the ways he is doing so.

Michael Ethridge, Ethridge Law Group

9:45 – 11:15 a.m.

Getting Lawyers to Think Differently: Redefining Professional Success to Include Lawyer Well-Being

For years, concerns have been raised about emotional distress, dissatisfaction, and unprofessional behavior in the legal profession. Recent research confirms problems with mental health and alcohol abuse among lawyers and law students. But little research has been conducted to examine the causes or correlates with these problems or identify possible solutions. Among the first empirical studies to tackle these gaps in the research have been led by Prof. Larry Krieger. In his most recent study of over 6,000 lawyers guided by a well-established psychological theory called self-determination theory (SDT), Prof. Krieger made surprising findings about what does and does not influence well-being in the legal profession. Prof. Krieger will talk about his body of research on well-being in the legal profession and how it should be used to redefine professional success among lawyers.

Larry Krieger, Florida State University College of Law

Getting Lawyers to Think Differently: Applying Psychological Science to Boost Well-Being in Law Firms

Anne's recent research builds on Prof. Krieger's studies and finds that SDT also has powerful relationships with engagement and turnover intentions among lawyers. Together their work provides the foundation of a business case for lawyer well-being. Anne's talk will focus primarily on giving tips for applying findings related to SDT in the workplace.

Anne Brafford MAPP, Aspire

11:15 – 11:30



Break

11:30 p.m. – 12:45 p.m.

What Resilient Lawyers Do Differently

Both Paula and David are recognized experts in the science of resilience. They will provide science-backed strategies for boosting resilience.

Paula Davis-Laack MAPP, Stress & Resilience Institute

David Shearon, Thriving Lawyers

12:45 p.m. – 1:00 p.m.

Questions

