

RAISING THE BAR

WHEN WOMEN ARE WELL

Presented by the TBA Women in the Profession Committee

Tennessee Bar Association | 3010 Poston Avenue | Nashville, TN 37203 | Nov. 9, 2026

4 DUAL CLE HOURS

AGENDA

9:00 - 9:30 a.m. CT

Registration & Networking Breakfast

9:30 - 10:30 a.m. CT
1 Dual

From Burnout to Well-Being: Mental Health in the Legal Profession

Burnout in the legal profession is more than feeling overworked. This session brings together personal experience, clinical insight and research to explore why lawyers are particularly vulnerable to burnout, why recognizing and addressing it can be difficult, and what can help. Panelists will examine attorney stress and recovery, barriers to seeking help, the pressures facing working women, and practical strategies for building healthier, more sustainable careers in the law.

Dr. Kristen Jennings Black, University of Tennessee at Chattanooga
Rachel Schaffer Lawson, Dickinson Wright
Julie Singer, Nashville Psych

10:30 - 10:45 a.m. CT

Break

10:45 - 11:45 a.m. CT
1 Dual

Leading Well: How Leadership and Mentorship Shape the Future of Women in Law

This session will consist of a panel of four women with a combined 90 plus years legal experience and will cover navigating career transitions, changing priorities and different seasons of a legal career. The panelists will engage in a conversation particularly relevant to women already practicing law to explore how strong leadership, meaningful mentorship and supportive professional relationships can contribute to well-being and career satisfaction at every stage of practice.

Amy Willoughby Bryant, Office of Conservatorship Management / Belmont University College of Law
Deborah Farringer, Belmont University College of Law
Lauren Gaffney, Bass Berry & Sims
Paula Schaefer, University of Tennessee Winston College of Law

11:45 a.m. - 12:30 p.m. CT

Networking Lunch & Raffle Basket

12:30 - 1:30 p.m. CT
1 Dual

Practical Tools for Thriving

There is no single formula for balancing the demands of a legal career and life outside of work, but the right tools and strategies can make both more manageable. This practical session will explore approaches women lawyers can put to use right away, from AI and technology tools that can improve efficiency and organization to strategies for delegation, time management and communication. Presenters will also share how routines, technology and lessons learned through legal practice can help manage responsibilities beyond the workplace. Attendees will leave with practical ideas and resources designed to help them work smarter, manage competing demands and create more sustainable professional and personal lives.

Mary Beard, Ardent Health
April Nemer, Nemer LLP

1:45 - 2:45 p.m. CT

1 Dual

Wellness in Practice: Practical Strategies for the Legal Workday

Attorney well-being requires more than understanding the effects of stress — it also requires practical strategies for managing it. This interactive session will explore simple techniques attorneys can incorporate into the workday to reduce stress, improve focus and support their overall well-being. Attendees will learn practical approaches to mindfulness and movement and put some of those strategies into practice through a brief guided exercise.

Joanna McCracken, McCracken Kuhn Marks PLLC