

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.

Rachel Schaffer Lawson, Dickinson Wright

Julie Singer, Nashville Psych

Dr. Kristen Jennings Black, University of Tennessee at Chattanooga

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 explore how leadership and mentorship can contribute to well-being throughout a legal career. Panelists will discuss how legal education and professional leadership can foster resilience, support healthy and sustainable careers, and help create a profession where women can thrive at every stage of practice.

Paula Schaefer, University of Tennessee College of Law

Deborah Farringer, Belmont University College of Law

Amy Willoughby Bryant, Office of Conservatorship Management / Belmont University 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

April Nemer, Nemer LLP

1:30 - 1:45 p.m. CT

Break

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

Wellness in Practice

Session description to be finalized.

Joanna McCracken, McCracken Kuhn Marks PLLC