

3rd Annual
**Raising the Bar:
Tackling Transitions**

Baker Donelson
1600 West End Avenue
Nashville, TN 37203

Dec. 4, 2024

Program Producers: Psonya Hackett, The Estate and Family Law Group

Total Credits: 4 General, 1 Dual

9:15 - 10 a.m. CT **Registration & Networking Breakfast**

10 - 11 a.m. CT **It's What You Do Next - the Fall and Rise of Nashville's First Female Mayor**

1 General

At some point, all of us will be at our worst, and while some of us will be remembered for it, none of us should be defined by it. In 2015, after a historic run-off election, Megan Barry made history as Nashville's first female mayor, quickly becoming a beloved leader with a forward-thinking vision for a modern South. For her first few years in office, she was one of the most important voices at the table. Until she became the most notorious. Megan will talk about how we can all rise again, even after a tremendous fall.

Megan Barry, Author & Former Mayor

11 - 11:15 a.m. CT **Break**

11:15 a.m. - 12:15 p.m. CT **Navigating Professional Transitions**

1 General

You have probably realized lawyering is not a one-way road to the same dead end for everyone. Rarely is your professional career path straight and pre-planned as opportunities arise and detours occur. However, the twists, turns and changes in your professional career can be exciting and daunting, while thrilling and fearful. Some of our colleagues manage to stay in one place for an entire career, and they really enjoy the whole ride. Join panelists as they share their professional career paths, the challenges and decision-making tools used to guide them at critical times.

Kisha Cheeks, Cheeks Rucker Firm
Paul Ney, Momentus
Hon. Bernice Donald (Ret.), Burch Porter & Johnson

12:15 - 1 p.m. CT **Lunch**

1 - 2 p.m. CT

Navigating Personal Transitions

1 General

The three panelists will speak regarding their career transitions, why they chose to do so at that point in their careers, and how it impacted them personally and professionally. Although their stories will be particular to their then-current circumstances, their presentations will include a discussion regarding how they weighed the pros and cons of opportunities to shift their practices that will be relatable for the attendees. They will discuss both practical considerations as well as lifestyle and personal considerations for lawyers contemplating a career change.

Casey Duhart, Acadia Health
Chancellor Anne Martin, Chancery Court of Davidson County, Part II
Chancellor Ellen Hobbs Lyle (Ret.), JAMS: Mediation, Arbitration and ADR Services

2 - 2:15 p.m. CT

Break

2:15 - 3:15 p.m. CT

Career Development: Advocating for Your Professional Advancement

1 General

This session provides practical tools and strategies for participants to successfully navigate their careers. Key topics include effective self-advocacy, leveraging resources for advancement, and creating actionable plans to achieve professional goals.

Hon. Khadija Babb, Davidson County Criminal Court, Div. V
Martha Boyd, Baker Donelson
Ellen Bowden McIntyre, U.S. Attorney's Office, Middle District of Tennessee
Jocelyn Stevenson, Littler

3:15 - 3:30 p.m. CT

Break

3:30 - 3:45 p.m. CT

Taking Care of Yourself Through Transitions

.25 Dual

Change, whether planned or not, brings stress. This session will start with someone who has been through a planned career transition addressing the changes and stress she experienced and what she did to overcome that stress. Then, Lauren and Erin from TLAP will discuss taking care of yourself when life brings changes, no matter what stage of life you find yourself.

Sherie Edwards, Former TBA President

3:45 - 4:30 p.m. CT

Healthy Coping Skills for Navigating Transitions

.75 Dual

Transitions can be both exciting times of exploration, change, and growth and also difficult periods of adjustment, uncertainty, and discomfort. During personal and professional transitions, it is essential to utilize healthy, adaptive coping skills in order to manage the stress that can accompany change to attain and preserve optimal mental health and wellbeing. In this presentation, Lauren and Erin will share how to navigate transitions with healthy coping skills while working through the discomfort of change.

Lauren Castor, Tennessee Lawyers Assistance Program
Erin Lynch, Tennessee Lawyers Assistance Program

4:30 - 6 p.m. CT

**Networking Reception - The Lounge at Blue Aster, located inside the Conrad Hotel
1620 West End Ave
Nashville, TN 37203**