

Exploration: A CLE Series

Oct. 23, 2024 – Old Stone Fort Park

Total Credits: 3 Dual

Producer: Patrick Morrison, Tenn. Department of Treasury



Sponsored by the TBA's Young Lawyer's Division and Attorney Well Being Committee, join us for the first location in the Exploration Tennessee CLE Series this fall. Take a day to unwind while experiencing a beautiful nature walk with the park's ranger all while earning three hours of dual CLE. Refreshments and lunch will be provided.

9 – 9:30 a.m. CDT

Registration

9:30 – 10:30 a.m.

Ethical Pitfalls for New Attorneys

This session will cover trends in ethics complaints against attorneys and how to avoid those pitfalls. The presentation will also cover new technology and resources for guidance in regard to the use of AI.

Laura Chastain, Tenn. Board of Professional Responsibility

10:30– 11:30 a.m.

Heart-based Resilience: Science & Practices

The HeartMath Institute is a pioneer in researching the heart-brain connection for reducing stress and maintaining resilience. They are leaders in developing evidence-based practices that are easy to use for creating resilience in daily stressful situations. This interactive workshop will present the science behind the power of heart-brain coherence and simple techniques for maintaining personal resilience for busy professionals.

Cindy Pensoneau, Summa Vita

Steve Hornsby, Summa Vita

11:30 a.m. – 12:30 p.m.

Ranger-led Hike

(Comfortable walking shoes recommended)

12:30 – 1 p.m.

Lunch

1 – 2 p.m.

Guided Visualization - Calming the Nervous System

In this immersive presentation, attendees will be guided through a sensory-focused visualization designed to calm the nervous system and induce a deep meditative state. Through a mental exploration of a serene environment, participants will engage all five senses and gain tools to enhance present moment mindfulness. This multisensory journey will activate the parasympathetic nervous system, leaving participants feeling refreshed, grounded, and equipped with techniques for ongoing emotional well-being.

Lindsey O'Connell, Lindsey O'Connell Counseling