



The
Legal
Burnout
Solution

legalburnout.com

Points-of-Contact:

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Menu of CLE Presentations*

- **Mindful Ethics:** How Mindfulness Can Help You Avoid Legal Burnout, Continue to Competently Perform Legal Services, and Remain Ethically Compliant
- **Elimination of Bias:** Learn Mindfulness to Curtail Implicit Bias and Make Ethical Decisions
- **Substance Use:** Cheers to a Mindful New Year: Overcoming Substance Use Disorder and Avoid Legal Ethics Issues
- **Mental Health:** The Mindful Approach to Addressing Mental Health in the Legal Field

*Each course runs for 60 minutes and qualifies for 1 hour of ethics, implicit bias, substance use disorder or mental health CLE credits – depending upon jurisdictional regulations. Ask about our customized presentations.



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How Mindfulness Can Help You Avoid Legal Burnout, Continue to Competently Perform Legal Services, and Remain Ethically Compliant

As attorneys, constant stress is often a part of the job. If we don't effectively manage chronic stress, however, it has the potential to cripple our productivity levels and make it physically, mentally, and emotionally impossible to effectively advocate for our clients and ourselves. Further, we run the risk of running afoul of the rules of professional conduct.

Instituting even 1 or 2 minutes of meditation and mindfulness into our daily routines can have immediate and far-reaching benefits in our professional and personal lives. Become your best self now. Join us as we demystify meditation and focus on the basics of mindfulness: what it is and isn't, how to do it, and how to maximize its benefits.

We will delve into specific methods of integrating mindfulness into your day-to-day law practice. According to Professor Peter H. Huang of University of Colorado Law School, "Law students, lawyers, and law professors should try practicing mindfulness to see if they improve their legal decision-making, ethics and leadership."

This 60-min CLE session will empower you to:

- Protect yourself from burnout
- Improve focus and boost your overall productivity and efficiency
- Curb anxiety and stress through quick, effective "spot treatments"
- Use mindfulness to enhance ethical decision-making and conflict resolution.



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Learn Mindfulness to Curtail Implicit Bias and Make Ethical Decisions

Join Cindy Sharp and Becky Howlett for this timely educational webinar as they unpack implicit bias—what it is, why it matters, and reveal strategies to become aware of our own unconscious biases and ultimately enhance mindful decision-making. Overall, this program will support your ability to recognize these biases and implement strategies to curtail their harmful effects in your legal practice.

Implicit bias is universal—everyone has it! Yet, these biases are uniquely our own as they are shaped by our individual life experiences. Although we all have them, we are generally unaware of their presence and effects, meaning implicit biases can negatively impact our decisions without our knowing. Research has shown that mindfulness meditation may effectively reduce implicit bias at the individual level.

Certified Meditation Instructor and Attorney Becky Howlett will teach and lead mindfulness practices throughout this session designed to promote awareness of your own biases. Co-Presenter and Veteran Attorney Cynthia Sharp will join with Becky in sharing their own perspectives as well as viewpoints and experiences of others in the legal community. The speakers will delve into why words DO matter and discuss commonly held harmful assumptions related to diverse groups of people.

You will also learn:

- How to use mindfulness tools to develop deeper awareness about implicit bias and learn to counter insensitive attitudes
- Specific steps that you can take IMMEDIATELY to reduce the ill effects of implicit bias in the legal setting
- Concepts that will help identify and address unconscious bias when dealing with colleagues, clients, and others
- How enhanced cultural competency will help any attorney both serve justice and advocate more effectively



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Cheers to a Mindful New Year: How to Overcome Substance Use Disorder and Avoid Legal Ethics Issues

The ABA and Betty Ford Center's groundbreaking 2016 study confirmed devastatingly high rates of both mental health concerns and substance abuse amongst lawyers. For example, between 21-36% of attorneys qualify as problem drinkers—3-5x higher than the general population. Moreover, 25-30% of attorney disciplinary matters, 60% of all malpractice claims, and 85% of all trust-fund violation cases involve substance-use disorder issues.

Even though the problem is pervasive in the legal community, most aren't equipped to seek help if in distress or to have sensitive conversations with those who need help. Tragically, according to this landmark study, **93% of attorneys did not receive help for alcohol or other drug abuse**. As we struggle to cope with life in post-COVID-19 world, lawyers are particularly vulnerable to worsened mental health and substance abuse issues.

In this eye-opening program, veteran attorney Cindy Sharp will share her struggles with alcohol and reveal how she got sober and has remained alcohol free for over 11 years. Attorney and certified meditation instructor Becky Howlett will share her perspectives and provide practical tips for reducing stress and anxiety in your professional practice and personal life.

In this timely program, you will learn:

- What is a Highly Functioning Alcoholic Attorney (HFAA)
- Why we must eliminate the stigma surrounding substance use disorder
- How to detect the warning signs of impairment
- Ethical rules to consider: MRPC 1.1 - Competence, MRPC 1.3 - Diligence
- Ethical duties as to an impaired attorney
- Treatment options and other resources to consider
- Mindfulness as a tool for resilience, stress release and relapse prevention



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The Mindful Approach to Addressing Mental Health Issues in the Legal Field

Join Attorneys Becky Howlett and Cindy Sharp for this timely webinar as they explore the prevalence of burnout, stress, depression, and anxiety in the legal profession.

The landmark [2016 study on lawyer impairment](#) found that attorneys have disproportionately high rates of mental health concerns compared with the general population. For example, 45.7% of attorneys self-reported experiencing symptoms of depression and 61% for anxiety. *Tragically, 63% of attorneys did not seek help for their mental health concerns.* The study confirmed the chilling effect of mental health stigma, as one of the most frequently cited reasons for not getting help was attorneys did not want others to find out they had a “problem” and may need assistance.

The objective of this program is to raise awareness about the nature of mental health distress in the legal setting, to challenge the biases and stigma that surround those concerns, and to motivate those who are suffering to take advantage of available resources.

Certified Meditation Instructor Becky Howlett will teach and lead mindfulness practices throughout this session designed to help lawyers learn how to cope with stress, depression, and anxiety.

Topics include:

- High prevalence of mental health issues among lawyers
- Barriers to seeking treatment
- Ways to support colleagues who may be in distress
- Ethical implications of poorly managed stress
- Overcoming stigma in the legal community

Becky Howlett

Short Bio



Becky Howlett is an attorney, legal educator, and certified contemplative practices teacher committed to promoting well-being in the legal field and beyond. Becky's attorney-wellness advocacy began after struggling with depression, anxiety, and burnout as a law student and practicing attorney. In the spring of 2020, she co-founded legalburnout.com to help legal advocates effectively manage stress, cultivate healthy work environments, and prevent burnout.

As Director of Attorney Well-Being, Becky has led live meditations for over 500 attorneys in the United States and Canada. Becky's legal experience and expertise emphasizes aware communication and relationship building, including delivering educational seminars and trainings re: cultural competency and implicit bias. She has worked in national non-profits, "Big Law," outside counsel to an Indian tribal government, and as a solo practitioner.

Becky began studying to become a meditation instructor in April 2019. Throughout her training, she volunteered as a meditation liaison leading weekly guided mindfulness exercises for law students and attorneys. After a year and a half, Becky received her instructor certification after completing a total of 550 hours of training and study. Becky is formally certified to teach a variety of contemplative practices, including mindfulness meditation, breathwork, qigong, and many other evidence-based techniques.

Becky lives in Kansas City where she loves staying active, including biking, singing, and spending time in nature. She identifies as queer and non-binary.

Rebecca Howlett, J.D., C.P.T.

Attorney and Contemplative Practices Teacher

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Cynthia Sharp Short Bio

Veteran attorney Cynthia Sharp (CEO of The Sharper Lawyer) works with motivated lawyers seeking to generate additional revenue for their law firms. She practiced law from 1982 - 2009 and then embarked on a professional speaking and writing career. Ever since, she has served solo and small firm attorneys throughout North America. In the spring of 2020, she co-founded legalburnout.com, dedicated to helping those in the legal industry succeed by applying principles of mindfulness to all areas of their lives.

Cindy, author of [The Lawyer's Guide to Financial Planning](#) published by ABA Solo, Small Firm and General Practice Division, is also a Contributor to the Division's books [How to Capture and Keep Clients: Marketing Strategies for Lawyers](#) as well as [Effectively Staffing Your Law Firm](#). As Director of Client Services for [The Legal Burnout Solution](#), Cynthia has helped lead over 500 attorneys in live meditations.

She has delivered close to 200 live presentations over the past 25 years on behalf of the American Bar Association, 10 state bar associations, the Million Dollar Round Table, Professional Services Marketing Association and numerous other legal, financial and professional groups, as well as private seminars for her clients.

Cindy served as Business Development columnist on behalf of the ABA GP Solo eReport, Social Media Strategist for GP Solo and has served as a regular guest contributor to ALM's publication Marketing the Law Firm. In addition, she has written well over 120 articles over the past 30 years that have been published in various journals throughout the country.

During 2017/18, Cindy held positions on the GP Solo and eReport Boards of the ABA Solo, Small Firm & General Practice Division, having previously served as Chair of the Publications Board of the Division and on the Division's Council. She completed her term as President of the Philadelphia Chapter of the National Speakers Association in June of 2015 and served as Dean of the Speaker Academy the subsequent year. Sharp has also been an active member in the Association of Continuing Legal Education (ACLEA). She continues her service to her colleagues through a podcast featured on Solo Practice University.

Cindy's most recent accolade is that she has been named Trainer of the Year by the American Bar Association Solo, Small Firm and General Practice Division, a national award presented in New York City on May 3, 2019.

Cindy lives in Philadelphia with her husband, Mark H. Gallant and their dog Rocky and cat Jackson. She practices yoga, enjoys the arts and loves to bake.

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