

May 9, 2022

# **Innovation Series: Mindfulness: An Invaluable Resource for Legal Professionals**



CHAIR: Dr. Thomas Telfer, Professor, Faculty of Law, *Western University*

**May 16, 2022**

**12:00 p.m. to 1:00 p.m.**

**Total CPD Hours = 1 h Professionalism P**

**Law Society of Ontario**

**SKU CLE22-00505**

## **Agenda**

<b>12:00 p.m. – 12:15 p.m.</b>	<b>Welcome &amp; Introduction to Mindfulness</b>
<b>12:15 p.m. – 12:30 p.m.</b>	<b>Studies on the Benefits of Mindfulness</b>
<b>12:30 p.m. – 12:45 p.m.</b>	<b>Mindfulness and Legal Skills: The Client Interview and Negotiation</b>
<b>12:45 p.m. – 1:00 p.m.</b>	<b>The Distracted Lawyer: Mindfulness, Improved Focus and the Myth of Multitasking</b>
<b>1:00 p.m.</b>	<b>Program Ends</b>