

Lawyers and the Art of Mindfulness

DATE**Wednesday, March 19, 2025****TIME****5:30 p.m.–6:45 p.m. ET****PLACE****Virtual****COST****Free of charge****RSVP****www.nyls.edu/ADRrsvp**

Information on how to access the livestream will be provided following registration.

CLE

1.5 credits in Skills (NY transitional and nontransitional)



Mindfulness—being present in the moment with an attitude of non-judgment—heightens focus and equanimity, setting the stage for meaningful communication and increased creativity. Mindfulness is a tool that can support lawyers' well-being and improve the quality of lawyering. Join us for a discussion with expert speakers on the role of mindfulness in the legal profession, with a special focus on the challenges lawyers face when serving as neutrals or client representatives in dispute resolution processes.

**Erin Gleason Alvarez****Lynn Boepple Su****SPEAKERS**

Professor **Erin Gleason Alvarez**, Elisabeth Haub School of Law at Pace University and St. John's University School of Law

Professor **Lynn Boepple Su**, Dean for Advocacy and Co-Curricular Programs; Faculty Advisor, Trial Competition Team; New York Law School

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