

Rebecca Martin Presents In-House CLE Program

An in-house CLE program entitled, “Mindfulness for the Ethical Practice of Law” was presented by [Rebecca Martin](#). For over a decade, law students, judges, law professors and practicing attorneys have been utilizing meditation and mindfulness to develop concentration, improve emotional well-being, and lessen the stress of legal work. According to Terry Harrell, chair of the ABA’s Commission on Lawyer Assistance Programs, “Meditation and mindfulness are not just good for us the way things like fish oil are. They actually affect the quality of legal work. A mindfulness practice makes us better decision-makers and better ethical decision-makers. That translates into better lawyering.” The CLE program introduced legal professionals new to the practices of meditation and mindfulness to effective daily practices and the benefits of such practices as well as suggested additional techniques for those legal professionals already engaging in meditation and mindfulness.

For more information on this topic, please contact [Rebecca D. Martin](#).