



Tail of the Tiger



EFFECTIVE LAWYERING WITH THE WHOLE PERSON:

Applying Mindfulness Meditation in Law Practice

December 2, 2008 4 – 7 p.m.

A Joint Presentation of The Massachusetts Bar and Tail of the Tiger

FACULTY

Patton Hyman, now a practicing attorney in Barnet, VT, was for almost 30 years a member of the firm of Sutherland, Asbill & Brennan LLP, Atlanta, Georgia. He is also President and Development Director of Tail of the Tiger, an educational nonprofit corporation that presents seminars joining mindfulness meditation with the professions, business, and the arts. He has taught mindfulness meditation since 1980.

Lawyers face many stimulating challenges, whether in negotiation, counseling, advocacy, analysis, or office management; however, these activities can also be highly stressful and adversarial. As a result, lawyers suffer from remarkable levels of stress, contributing to personal and professional difficulties, burnout, turnover, substance abuse, and divorce. But does law practice have to be so distressing? Can we recapture our inspiration as attorneys, conduct ourselves with personal decorum, and enhance our legal competencies, making our practice stimulating and rewarding once again?



Mindfulness meditation, a practice of training the mind's natural alertness and presence, is today being practiced in law firms and law schools as a way of revitalizing careers and managing stress. This seminar will address how mindfulness practice can be useful for attorneys, how it enhances lawyering skills and enables lawyers to overcome the inflexibility of the adversarial mindset, find creative solutions to conflict, build confidence, and overcome knee-jerk reactivity in responding to challenging situations and people.

This hands-on practical seminar will include periods of mindfulness meditation instruction and practice, lectures, and discussion.



Location: Law Offices of Prince, Lobel, Glovsky & Tye LLP, 100 Cambridge Street, Suite 2200, Boston, MA 02114 Directions: <http://www.princelobel.com/about-visit.html>

Registration Fees (including program materials) \$80

Registration on line: <http://www.tailofthetiger.org/mindfullawyermba1208.html> or register by phone at 802/633-2384.

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit <http://www.tailofthetiger.org/mindfullawyermba1208.html>
For more information about Tail of the Tiger, visit: www.tailofthetiger.org