Mindfulness, Balance & The Lawyer’s Brain

A Workshop for Lawyers
Approved for 10 Florida CLE Credits (9 General and 1 Ethics)

This workshop is designed for lawyers interested in finding greater balance, a deeper sense of well-being, and achieving optimal performance in their personal and professional lives. When attorneys incorporate mindfulness practices, they are better equipped to deal with the unexpected. In addition, they enhance their capacity to be more genuine and present for what arises in their interactions with clients, colleagues, witnesses, and adversaries.

In this course, you will be introduced to Jurisight, the lawyer acclaimed program developed by a lawyer for lawyers that brings together groundbreaking work in the field of neuroscience and the contemplative practice of mindfulness. Jurisight incorporates imagery and concepts integral to the law, thereby facilitating a lawyer’s understanding, retention, and application of its techniques. The effectiveness of Jurisight is found in its seamless application to an attorney’s busy and sometimes stressful life.

Below are testimonials by participants of recent workshops . . . .

“Thank you for a wonderful training! After attending your workshop last month I have started to employ mindfulness techniques you taught us with greater frequency each day. I find them incredibly helpful in dealing with everyday stressors. Additionally, I have found that the techniques help me create a quiet space even on the most hectic days.”  Ilenia S.

“Even after studying and practicing mindfulness for over five years, I found that Scott’s approach was very refreshing and helpful because the course focuses on mindfulness for LAWYERS who have special needs when it come to stress reduction”  -- Robert S.

“Scott’s workshops are a unique and valuable experience for attorneys. I found his system to be very practical and of great effectiveness.”  -- John V.

"Scott Rogers has the answer to finding harmony in the practice of law. Introducing concepts of mindfulness in my legal career was my answer to feeling fulfilled, balanced and rewarded. Scott has helped me to integrate different techniques into my workday - a benefit that has been felt in my personal life as well.”  -- Lori T.

8 compact discs, featuring recordings of the live workshop conducted on December 15 and 16, 2007 at the Mandarin Oriental Hotel in Miami, Florida.

64-Page Course Book, used in conjunction with the live presentation setting forth fundamental mindfulness principles, and instruction on the three steps of the Jurisight program, and the revolutionary "Hand Dial" technique.

Scott Rogers, M.S., J.D., is the director of the Institute for Mindfulness Studies. He conducts one and two-day workshops for attorneys interested in bringing greater balance into their lives and enhancing their well-being and performance. He is the creator of the Jurisight program and is the author of Mindful Parenting: Meditations, Verses & Visualization for a More Joyful Life. Learn more about Scott by visiting www.scottrogers.com.

4045 Sheridan Avenue, No. 196
Miami Beach, FL 33140
(c) 2008 Institute for Mindfulness Studies, Inc.

786-239-9318  |  www.imslaw.com