Lawyer Well-Being Summit

Developed by the KCMBFA Lawyer Well-Being Committee with support from KCMBF

Thursday, October 10, 2019 • 8:00 AM – 4:50 PM
KCMBF Event Center
Credit: MO – 2.0 ethics / KS – 2.0 ethics
Cost: Free to KCMBF Members – Limited Seating – Preregistration required
*Includes breakfast, lunch and reception

MISSION

Becoming Better Legal Professionals by Taking Care of Ourselves and Each Other

SCHEDULE

8:00 AM  Optional Pre-Summit Meditation Session
Rebecca Martin, McDowell, Rice, Smith & Buchanan, P.C.
Nate Jones, Wagstaff & Cartmell LLP

8:30 AM  Registration and healthy breakfast items
Sponsored in part by Martha Childers, Childers Counseling Service

9:00 AM  Introduction Remarks
KCMBF President-Elect Athena Dickson, Siro Smith Dickson PC

9:05 AM  Lawyer Well-Being: The Road to Professionalism and Excellence in Practice (ETHICS)
Bree Buchanan, Founding Co-Chair of the National Task Force on Lawyer Well-Being

9:55 AM  Workplace Bullying: At Home and Abroad
Ellen Pinkos Cobb, Attorney/Author

10:45 AM  Break

10:55 AM  Stress, Anxiety and Depression in the Professional World
Dr. George Heymach, Physicians Health Care Consulting, Inc.
Martha Childers, Childers Counseling Service
John Wubbenhorst, Madison Avenue Psychological Services
Moderator: Professor Nancy Levit, UMKC Law School

11:45 AM  Lunch

12:00 PM  Current Well-Being Initiatives in Kansas City
W. Perry Brandt, Bryan Cave Leighton Paisner LLP
Robin Bub, Burns & McDonnell
Tanya Draper Douthit, Rose Brooks Center, Inc.
JT Galloway, CoCulture

KCMBF EVENT CENTER
2300 MAIN ST., SUITE 100
KANSAS CITY, MO 64108

4 WAYS TO PRE-REGISTER:

1. Online at kcmba.org
2. Mail completed registration form to KCMBF, 2300 Main St., Suite 100, Kansas City, MO 64108.
3. Fax (816) 474-0103
4. Phone (816) 474-4322

Parking is available in the Two Pershing Square parking garage and will be validated at the event. Visit kcmba.org/parking for directions and a map.

Special accommodations may be made by contacting KCMBF at (816) 474-4322 prior to the program date.

KCMBF.org

A KCMBF CLE opportunity made possible, in part, through a generous endowment from Davis, Bethune & Jones, LLC.
12:45 PM  Brainstorming the ABA Working Group on Attorney Well-Being's Wellness Campaign Pledge and Wellness Toolkit
Speakers will serve as Table Leaders

1:15 PM  Table Reports and Discussion
Moderators:
Bree Buchanan, Founding Co-Chair of the National Task Force on Lawyer Well-Being

1:50 PM  Break

2:00 PM  Personal Story Series
**Lawyer Suicide**
David Zevan, Zevan Davidson Roman LLC

2:20 PM  Workshop: Learned Optimism and Using a Strengths-Based Approach to Life and Leadership
Amy Rose, Best Self Ever Health and Wellness Coaching

3:20 PM  Break

3:30 PM  Personal Story Series
**Benefits of Good Nutrition for Lawyers**
Ashley Grace, Bullman Law Firm

**Substance Abuse in the Legal Profession**
Nate Jones, Wagstaff & Cartmell LLP

**The Anxious Lawyer**
Rebecca Martin, McDowell, Rice, Smith & Buchanan, P.C.

4:00 PM  The Struggle is Real: What KALAP and MOLAP Can Do (Ethics)
Anne Chambers, MOLAP
Anne McDonald, KALAP

4:50  Adjourn to Networking Opportunity with Healthy Snacks & Mocktail
Sponsored by Rebecca Martin and Ashley Grace

Program moderated by Erin McClernon, Lawyer Well-Being Committee Member

*Course materials will be provided in electronic format only and are accessible with your laptop, tablet or other mobile device during the event. Final course materials will be sent via email when size permits and posted prior to the event at kcmba.org.
Parking will be validated at the event. **On-site registrations are welcome; however, seating and/or meals cannot be guaranteed unless you pre-register.
Lawyer Well-Being Summit
Developed by the KCMBA Lawyer Well-Being Committee and KCMBF

Thursday, October 10, 2019 • 8:00 AM – 4:50 PM
KCMBA Event Center

4 WAYS TO PRE-REGISTER:
1. Online at www.KCMBA.org
2. Mail completed registration form with payment to KCMBA, 2300 Main St., Suite 100, Kansas City, MO 64108
3. Fax 816-474-0103
4. Phone 816-474-4322

REGISTRATION: WELL1019

**Please Print Clearly**

<table>
<thead>
<tr>
<th>NAME</th>
<th>FIRM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OFFICE PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E-MAIL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

PAYMENT INFORMATION

Cost: Free to KCMBA Members

Credit Card:

- □ American Express
- □ Discover
- □ MasterCard
- □ VISA

Card No. ________________________________

Exp. Date ______________

Cardholder Name ________________________________

Check No. ____________________ Make checks payable to KCMBA