

Wellness Wednesday



REPLAY:

What a Healthy Lawyer Looks Like

Date: Wednesday, April 5, 2023

Time: Noon-1 p.m.

Credits: 1.0 EP

Pamela Moore, LPCC shares resources and available programs, and explains the increased focus and community effort on Well-Being in the legal profession. Bree Buchanan expands on the Well-Being Movement and the objective to reduce stigma associated with maintaining well-being.

Originally presented November 5, 2021

Speakers:

Pam Moore, MA, LPCC, currently serves as a Licensed Professional Clinical Counselor and Director of the State Bar of New Mexico’s Professional Programs Group where she educates the legal community on positive health and well-being and assists in providing resources and services to any legal professional struggling with mental, emotional or behavioral issues. Ms. Moore served as an advisory member to the National Commission on Lawyer Assistance Programs in 2019 and 2020 and is a current member of the Institute for Well Being In Law. Ms. Moore’s professional career includes a BS in Industrial Engineering, Masters Certificate in Human Resources Management, Masters in Counseling, license as a Professional Clinical Counselor, and she is on track to become a Professional Certified Coach by the end of 2022. She has over 10 years of study and experience in self-care and is passionate about assisting, guiding and supporting those that seek to get curious about their life and invite change.

Bree Buchanan, JD, MSF, draws upon her extensive professional knowledge and experience to help legal employers excel in creating a culture of well-being. Bree is founding co-chair of the National Task Force on Lawyer Well-Being and was a co-author of its groundbreaking 2017 report, *The Path to Well-Being: Practical Recommendations for Positive Change*. Bree completed her term as chair of the ABA Commission on Lawyers Assistance Programs (2017-2020) in August 2020. She is currently a member of the newly formed Lawyer Well-Being Committee of the International Bar Association. As Director of the Texas Lawyers Assistance Program from 2013 until retirement in 2018, she worked with individual lawyers experiencing behavioral health issues, and with legal employers who were seeking resources and support for their staff. Her tenure with that program followed a two-decade legal career which included positions as a litigator, lobbyist, and law professor. She is now Senior Advisor with Krill Strategies, providing consultation on issues related to lawyer well-being and impairment for major legal employers.

Important information & login instructions:

Registration closes the day before the program; registration and payment must be received prior to 10 am MT. After you register for the webinar, you will receive emails with instructions to join.

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\$50.47