## Table of Contents

### I. LAWYERS ARE DIFFERENT

George E. Vaillant – Boston, MA

### II. BEING INTENTIONAL ABOUT BALANCE

Judge Elizabeth T. Trosch – Charlotte  
Robynn Moraites – Charlotte

BEING INTENTIONAL ABOUT BALANCE...................................................II-1  
LEGAL PROFESSION AND SELF CARE..................................................II-2  
WORK-LIFE SATISFACTION IS ACHIEVABLE.........................................II-2  
THE ROLES WE PLAY..............................................................................II-5  
WHAT’S AT END OF THE RACE...............................................................II-8  
OUR POOR, IGNORED LIMBIC BRAIN..................................................II-8  
WHERE DO YOU SPEND YOUR TIME................................................II-10  
SO, WHAT IS A LAWYER TO DO.............................................................II-10  
REGULAR EXERCISE ROUTINE..............................................................II-12  
TRYING IT ALL TOGETHER.....................................................................II-14

### III. CAN YOU KEEP UP? THRIVING IN A MULTI-GENERATIONAL WORKPLACE

Kate Day – Research Triangle Park

THE GENERATIONS DEFINED......................................................................1  
ENGAGEMENT MAGNIFIED........................................................................3  
STRATEGIES TO THRIVE..........................................................................4  
BEST PRACTICES..........................................................................................6

### IV. MENTORING FOR LAWYERS, YOUNG AND OLD (PANEL)

Moderator – Joyce P. Brafford – Cary  
Panelists – Glenn B. Adams – Fayetteville  
Jeffrey D. Bradford – Raleigh  
Benn A. Brewington, III – Raleigh  
Katherine L. “Katie” Jones – Raleigh  
Cynthia M. Pittard – Smithfield

OUTLINE .......................................................................................................IV-1
V. WINDING UP/WINDING DOWN: WHAT DO YOU DO WHEN ALL YOU HAVE KNOWN IS A LOVE OF THE LAW?

Nan E. Hannah – Raleigh

INTRODUCTION ........................................................................................ ...... V-1
WHY IS THIS TOPIC IMPORTANT? .............................................................. V-2
BUILDING ON THE PAST: WHAT IS THE TASK FORCE EXPLORING .. V-3
  Those Who “Need” to Retire ................................................................. V-3
  Those Who Want to Retire .................................................................. V-8
  Caregiver Lawyers and Staff ......................................................... V-15
THE CRYSTAL BALL: WHAT IS IN THE FUTURE? ................................. V-17