The State of Our Profession and Professional Responsibilities

LIVE • LIVE WEBCAST
Friday, October 21, 2016
NC Bar Center, Cary

VIDEO REPLAYS (at printing)
Gastonia Wednesday, January 11

CLE CREDIT: 5.0 Hours
Includes 1.0 Hour Ethics/Professional Responsibility and 2.0 Hours Substance Abuse/Mental Health

UPDATES & REGISTRATION
www.tinyurl.com/CLE562HPL

SUMMARY: This program examines the state of our profession and professional responsibilities through several lenses. At this program, attendees:

• Take the pulse of the legal profession by examining the results of a recent ABA survey on attorney well-being
• Learn how to improve their mental and physical health
• Hear how generational differences can impact their practice
• Understand the ethical rules for mentoring
• Satisfy ethics/professionalism and substance abuse/mental health CLE credit requirements

Planned by the NCBA Lawyer Effectiveness & Quality of Life Committee

The North Carolina Bar Association Foundation is accredited by the North Carolina State Bar as a provider of continuing legal education.
The State of Our Profession and Professional Responsibilities

#562HPL and #562LWC  |  October 21, 2016

FOUR WAYS TO REGISTER

ONLINE*  www.ncbar.org/CLE  •  PHONE*  800.228.3402  •  FAX*  919.677.1774
MAIL*  Attn: Accounting, NCBA Foundation, P.O. Box 3688, Cary, NC 27519-3688
*Credit cards only.  **Please make checks payable to the NCBA Foundation.

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VIDEO REPLAY LOCATIONS  |  For details and updates, see www.tinyurl.com/CLE562HPL.

□ Gastonia  |  #562GAS
□ Other (if applicable, from website):  City:________________________  |  Code: #562______

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Program Agenda

Friday, October 21, 2016, 8:15a–3:15p

8:15a  Registration

8:55  Welcome and Introductions

9:00  Generational Differences and the Practice of Law
Moderator: Cindy Pruitt
Panelists: Kenneth R. Hunt, Antonia A. Peck and Edward C. Winslow III
From members of the Greatest Generation to Millennials, the practice of law is filled with more diverse perspectives on work and work-life balance than at any time in the past. Cindy Pruitt leads a panel discussion that addresses how lawyers from different generations approach various aspects of the practice, and how we can coalesce around certain fundamentals to attract great people into the practice and to deliver great solutions to clients.

10:00  Attorney Wellness: Achieving Health Physically, Mentally and Professionally†
Sarah E. Nagae
In this session, lawyers learn:
• Why attorneys are vulnerable to weight gain, heart disease, depression, anxiety, substance abuse and chemical dependency
• To identify health behaviors which may be contributing to less-than-optimal job performance
• To pinpoint the skills they need to learn or adjustments they need to make to change these behaviors
• To develop realistic, achievable short-term and long-term wellness goals
• To formulate a plan for reaching their short-term and long-term wellness goals, and why accountability is vital to achieving these

11:00  Break

11:15  State of the Profession: Landmark ABA Study Results
Nicole Ellington
Lawyer Assistance Programs across the country have known anecdotally for years that attorneys were at greater risk for depression, anxiety and alcohol problems than the general public and even other professionals. A recent national landmark ABA study on attorney mental health is the first to ever bring into sharp focus, with hard data and real numbers, what we are facing in our profession across a spectrum of issues. The findings were published in the peer-reviewed Journal of Addiction Medicine in February 2016. This program provides participants with an overview of the study and detailed research findings. The program also addresses specific recommendations for what to do when a lawyer suspects a colleague may need assistance and the daily strategies every lawyer should implement to help foster resilience and promote wellness in order to enjoy a long career in law.

By the end of the program, participants have the ability to:
• Summarize the most important statistical findings from the study
• Identify signs and symptoms of some of the most common issues lawyers encounter
• Recognize when a colleague may need assistance and take steps to make a referral
• Implement daily strategies to promote wellness

12:15p  Lunch
1:15  Fighting Distractions in Practice: An ADHD Primer for Lawyers†
Casey Dixon
Many attorneys struggle to focus on their day-to-day work under bombardment from email, the Internet, smart phones and clients who expect practitioners to be available at a moment's notice. This program focuses on the unique challenges faced by lawyers—both those who may have ADHD and those who simply need help organizing their practices—as well as basic strategies to overcome those challenges. We cover what is currently known about ADHD: prevalence, etiology, symptoms, diagnosis and treatment.

This session provides a practical guide to handling distractions in your practice for attorneys with ADHD or ADHD-like challenges in practice.

We explore:
- What ADHD is: demographics, etiology and the executive function model
- Social, behavioral and occupational issues related to ADHD
- Diagnosis and treatment options
- Appropriate workplace accommodations for attorneys with ADHD
- Specific strategies for self-implementation in the workplace for limiting distractions and getting more done

2:15  Mentoring in Our Evolving Profession∗
Mark Scruggs
Join us for a discussion of ethical considerations to be aware of when engaged in mentoring. Mark Scruggs discusses aspects of generational differences, situational mentoring compared to traditional mentoring, fostering positive mentoring relationships and ethics issues that arise when mentoring law students and/or lawyers who work in other firms.

3:15  Adjourn

∗ Indicates portion providing Ethics/Professional Responsibility credit
† Indicates portion providing Substance Abuse/Mental Health credit

We extend our sincere gratitude to the NCBA Lawyer Effectiveness & Quality of Life Committee and the planners and speakers who volunteer their time and expertise toward the goal of presenting an educational program of the very highest quality.

FINE PRINT  •  REGISTRATION  Registrations are limited by space, and may include a live video broadcast overflow room.

TRANSFERS  Registrants may transfer from a Live program, Video Replay, Webcast, Webinar or Phone/Audio Streaming Program without penalty within three business days after the program date. CANCELLATIONS  Cancellations must be received by 9:00 a.m. the third business day prior to the program to qualify for a refund (less $75 administrative fee). Those not attending will receive the digital program materials in full consideration of tuition paid.

MCLE CREDIT  The North Carolina Bar Association Foundation is an accredited CLE sponsor under the MCLE Regulations promulgated by the NC State Bar Board of Continuing Legal Education. This program is approved (but not sponsored) by the Board for the designated number of CLE hours. Each attorney must maintain a record of his/her attendance for the NC State Bar annual report. MCLE credit is reported by NCBA Foundation only if a NC State Bar number is provided. Your CLE tuition includes mandatory State Bar fees used to support the State Bar's Mandatory Continuing Legal Education program, the Chief Justice's Commission on Professionalism and the Chief Justice's Equal Access to Justice Commission. Your tuition also includes digital access to all program materials.

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VIDEO REPLAYS  To qualify for the Early Bird tuition, registration must be received one week prior to program date. NC State Bar rules require a minimum number of preregistered active State Bar members. The NCBA Foundation reserves the right to cancel any video program prior to the program date if registrations do not meet the NC State Bar requirement. Some sites require additional registration or evaluation forms. Visit www.tinyurl.com/CLE562HPL to confirm video replay registration and program start times. CLE credit hours at Video Replays are subject to change. Video replay program attendees may purchase the printed manuscript at cost. Due to printing and shipping lead times we are unable to accommodate requests for print materials made fewer than seven (7) days prior to any video replay program.

INCLEMENT WEATHER  We make every effort to notify registrants when a program is canceled or delayed due to weather. If inclement weather is forecast, please check your local news listings or contact event venue. NCBA programs will follow the work schedule of the hosting institutions, to include delayed openings.

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EVENT SPONSOR AND EXHIBITOR OPPORTUNITIES  Interested in meeting the attendees of this program? Become an exhibitor or sponsor! Contact Jennifer Shapiro at CLESponsorship@ncbar.org for detailed information about these opportunities and their benefits.

FOR MORE INFORMATION, VISIT WWW.NCBAR.ORG/CLE.
Program Information

Planners
- Nicholas C. Brown, Howard Stallings From Hutson Atkins Angell & Davis PA, Raleigh
- Travis W. Martin, Smith Moore Leatherwood LLP, Greensboro

Speakers
- Casey Dixon, Dixon Life Coaching LLC, Lititz, PA
- Nicole Ellington, Holly Springs Counseling Center, Holly Springs
- Kenneth R. Hunt, Roberts & Stevens PA, Asheville
- Sarah E. Nagae, Nexsen Pruet LLC, Raleigh
- Antonia A. Peck, Smith Moore Leatherwood LLP, Greensboro
- Cindy Pruitt, Womble Carlyle Sandridge & Rice LLP, Winston-Salem
- Mark Scruggs, Lawyers Mutual Liability Insurance Company of North Carolina, Cary
- Edward C. Winslow III, Brooks Pierce McLendon Humphrey & Leonard LLP, Greensboro

Hotel Information
Contact hotels directly for reservations at the special NCBA room rate. Rates are based on availability and may sell out.

- Embassy Suites, 201 Harrison Oaks Boulevard, Cary
  Rate: $169 Single/Double. Rate includes a full cooked-to-order breakfast and the manager's evening reception.
  Reservations: 919.677.1840 | Reference Corporate ID: NCB or NC Bar Rate

- TownePlace Suites by Marriott, 120 Sage Commons Way, Cary
  Rate: $106 studio queen with sleeper sofa (Sunday–Thursday). Rate includes a complimentary hot breakfast. All rooms come with a fully equipped kitchen.
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General Curriculum

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