

2017 Plenary Session

**KEY TO COMPETENCE:
BE MINDFUL OF YOUR MENTAL,
EMOTIONAL, AND PHYSICAL
WELL-BEING**

Jeena Cho
Author of *The Anxious Lawyer,*
An 8-week Guide to a
Satisfying Law Practice through
Mindfulness and Meditation

Speaker Biography

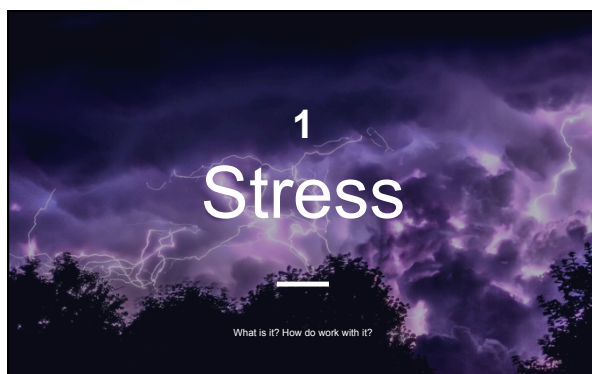
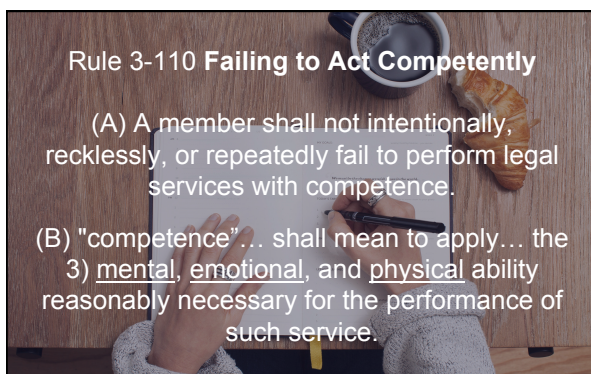
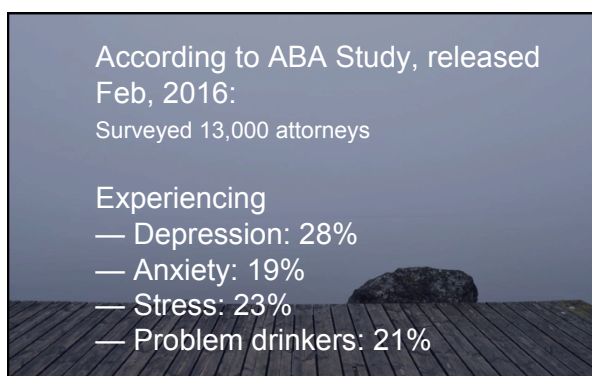
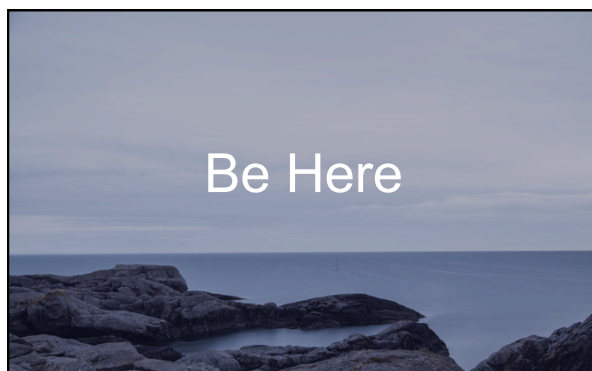
Jeena Cho is a partner at [JC Law Group PC](#), a bankruptcy law firm in San Francisco, CA. She practices with her husband, Jeff Curl, working with individuals and small businesses to find the best solutions for their financial troubles.

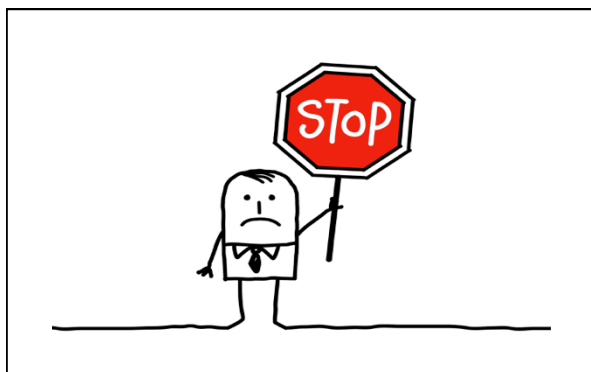
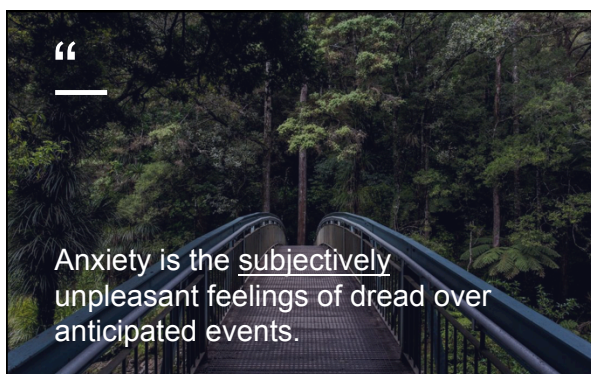
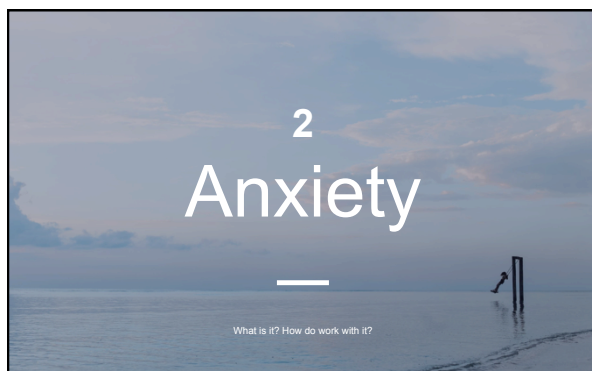
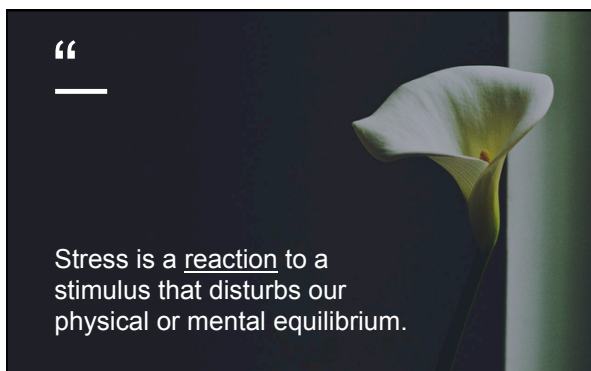
In addition to her law practice, she teaches [mindfulness and meditation to lawyers](#). She regularly speaks and writes about wellness, self-care and mindfulness. She also works with [lawyers](#) and [law firms](#) on stress management, work-life balance, [career transition](#), increasing productivity and overall wellness.

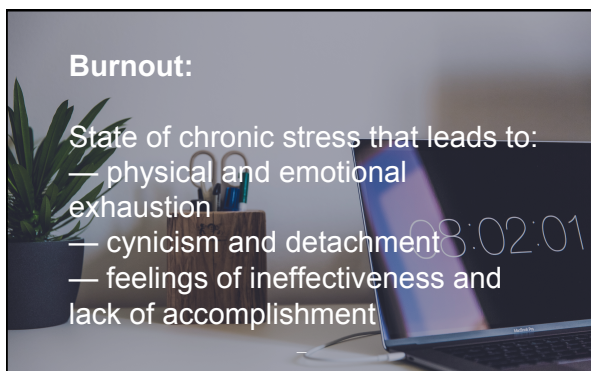
Jeena started her meditation practice at the [Himalayan Institute](#) in Buffalo, NY. She has completed several classes in Mindfulness and [Compassion Cultivation Training](#) at a number of institutions including Stanford University, and has attended numerous retreats on mindfulness at organizations including the Spirit Rock, Insight Retreat Center and the San Francisco Zen Center. She has completed the teacher training practicum for Mindfulness Based Stress Reduction (MBSR).

Jeena is an adjunct professor at University of San Francisco, School of Law. She has spoken and offered training at Sheppard Mullin, Sidley Austin, NACBA, AABA, SMCBA, CCCBA, BASF, Golden Gate University, School of Law, NAPO and BALRA (and many other acronyms).

Jeena enjoys writing and is currently working on her second book [The Anxious Lawyer](#) (ABA) which is scheduled to be published in late 2015. She is a regular contributor at [Forbes](#), [Lawyerist](#), [Above the Law](#), [Ms. JD](#), and [Huffington Post](#). She's been interviewed on [MSNBC](#) and [Wall Street Journal](#). Jeena is the author of the LexisNexis guide [How to Manage Your Law Office](#) where she wrote about starting, growing and managing a solo practice including topics ranging from marketing to virtual law practice to social media. She holds a J.D. and B.A. from University at Buffalo.



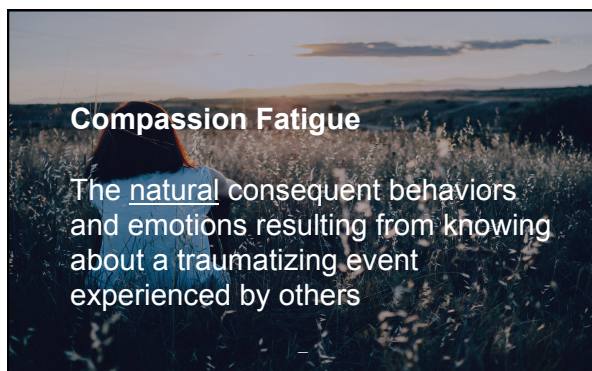


A background image for the Burnout slide showing a desk with a laptop, a pen holder, and a potted plant. The laptop screen displays a timer at 03:02:01.

Burnout:

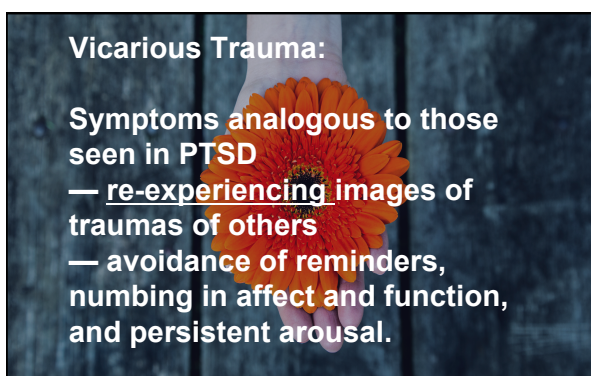
State of chronic stress that leads to:

- physical and emotional exhaustion
- cynicism and detachment
- feelings of ineffectiveness and lack of accomplishment

A background image for the Compassion Fatigue slide showing a person sitting in a field of tall grass, looking out over a landscape under a cloudy sky.

Compassion Fatigue

The natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced by others

A background image for the Vicarious Trauma slide showing a hand holding a large orange flower against a dark, textured background.

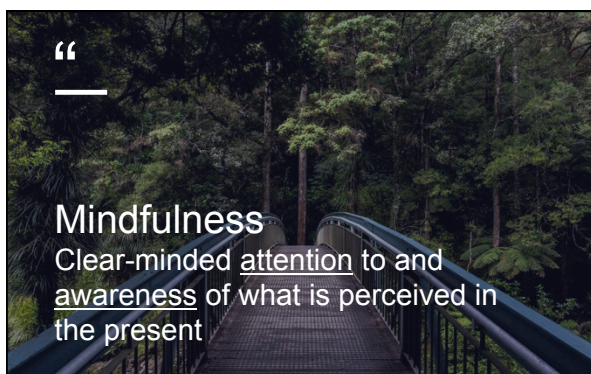
Vicarious Trauma:

Symptoms analogous to those seen in PTSD

- re-experiencing images of traumas of others
- avoidance of reminders, numbing in affect and function, and persistent arousal.

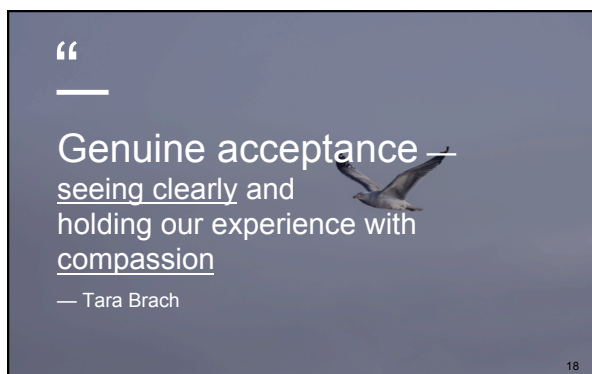
A background image for the 'What is Mindfulness?' slide showing a large tree with yellow leaves in a field of grass, with the number 3 above the text.

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What is Mindfulness?

A background image for the Mindfulness slide showing a wooden bridge with a metal railing crossing a stream in a dense forest.

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Mindfulness
Clear-minded attention to and awareness of what is perceived in the present

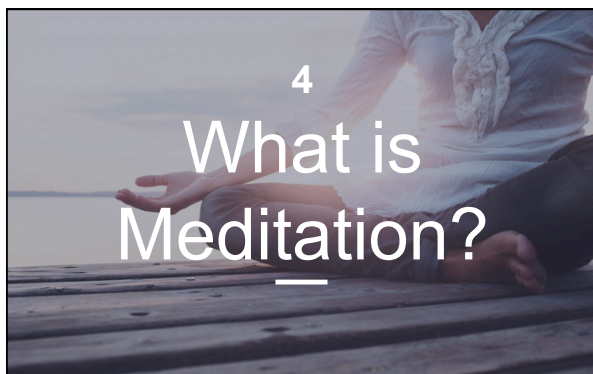
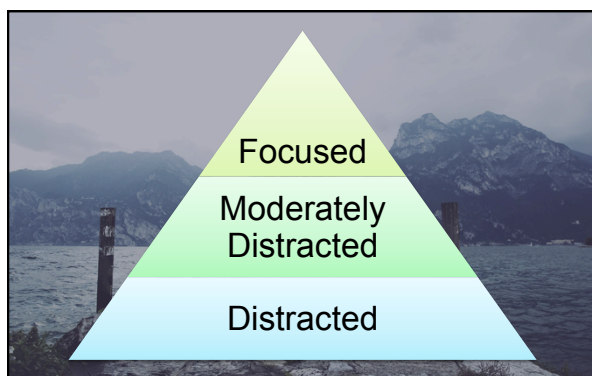
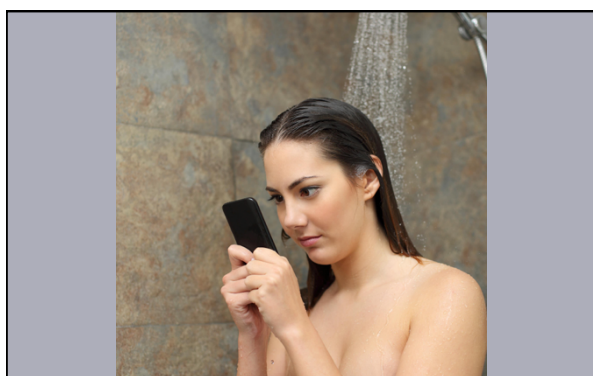
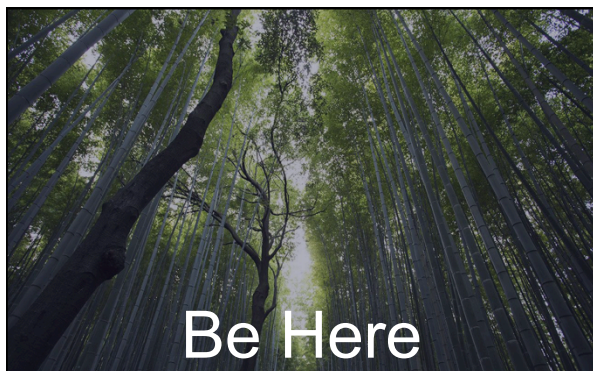
A background image for the 'Genuine acceptance' slide showing a bird in flight against a dark sky.

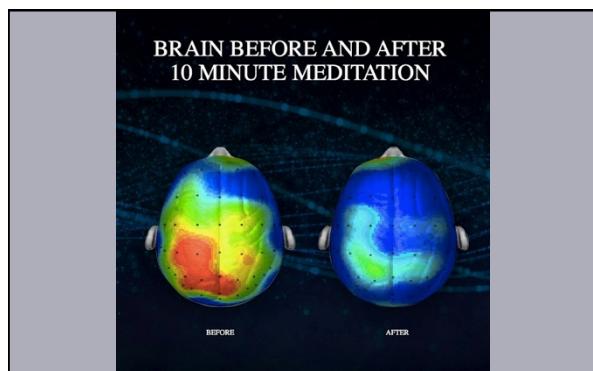
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Genuine acceptance —
seeing clearly and
holding our experience with
compassion

— Tara Brach

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Attention Training

- **Stability:** reduced mind wandering
- **Control:** appropriately directing attention
- **Efficiency:** economical use of cognitive resources

A small white table is positioned in the foreground against a blue background. On the table, there is a small vase with a few flowers and a small jar.

You are not your thoughts.
Not all thoughts are facts.

Training Your Mind

A woman is shown from the chest up, looking upwards and to the right with a thoughtful expression. Her hand is resting on her chin. The background is a plain, light color.

Self-Care

Provided "for you, by you."

A close-up shot of a hand holding a small, dark, textured object, possibly a piece of wood or a small sculpture, against a dark background.

Self-Care

Identify your own needs and take steps to meet them

A woman is shown from the chest up, wearing sunglasses and a patterned shirt. She is looking upwards and to the right. The background is a plain, light color.

Self-Care

Take time to do some of the activities that nurture you. Everyday.

A hand is shown holding a white cup of coffee. The cup has a spoon and a stirrer inside. The background is dark.

