SUMMARY: Mindfulness focuses on the moment and acknowledges and accepts feelings, thoughts, and other factors, which is proven to optimize performance and reduce stress. A mindful approach promotes happiness and teamwork with physical and mental benefits. Although a mindful practice has deep spiritual roots, it now permeates corporate, athletic and academic settings to optimize performance. Academic and medical institutions embrace mindfulness everywhere from MIT and Duke to the University of Illinois and the University of California at Los Angeles.

**PANEL:**

- **Judi Cohen** founded Warrior One LLC to offer effectiveness and leadership training to legal professionals through Essential Mindfulness for Lawyers® (EML), mindfulness training developed specifically for the legal mind. Prior to founding Warrior One, Judi practiced law while also teaching at the University Of San Francisco School of Law. She now teaches EML at national organizations, as well as to law students at U.C. Berkeley’s Boalt Hall School of Law.

- **Peter H. Huang**, Professor, DeMuth Chair of Business Law, University of Colorado Law School. His current research includes analyzing how to empower people to make better decisions by democratizing mindfulness and thinking tools.

- **Scott L. Rogers**, Lecturer in Law & Director, Mindfulness in Law Program J.D. University of Miami School of Law, Miami, FL

- **Helen Weng**, Osher Center for Integrative Medicine, Training in Research in Integrative Medicine (TRIM), NIH/NCCIH T32 Postdoctoral Training Program San Francisco, CA

This program does not offer CLE credit.