

# 2024 First Friday Ethics (November 2024)

## November 1, 2024 • STUDIO WEBCAST

### Friday Afternoon, Nov. 1, 2024

1:00 pm 1.00 hr ethics	<b>Introduction: Avoiding Burnout</b>  Delve into the crucial importance of wellness and burnout prevention in the legal profession. Discover why safeguarding your well-being is essential for sustaining a successful and fulfilling legal career.  Kiele Linroth Pace, Pacefirm Consulting, LLC - Austin, TX Michelle Fontenot, Texas Lawyers' Assistance Program - Austin, TX
2:00 pm	<b>10-Minute Break</b>
2:10 pm 1.00 hr ethics	<b>Beyond the Red Zone</b>  Introduction to the Polyvagal Theory and neuroscience-backed strategies to shift from stress to serenity. Learn practical exercises you can implement immediately to manage negative thoughts and emotions.  Marla Mattenson, Mattenson Coaching & Consulting, Inc - Santa Barbara, CA
3:10 pm	<b>10-Minute Break</b>
3:20 pm 1.00 hr ethics	<b>Mindset Mastery</b>  We explore the deeper aspects of inner and outer work. From mindfulness and self-empowerment to creative problem-solving and intuitive navigation, this session provides you with the tools to find and maintain peace of mind, clarity, and focus in both your professional and personal life.  Marla Mattenson, Mattenson Coaching & Consulting, Inc - Santa Barbara, CA Kiele Linroth Pace, Pacefirm Consulting, LLC - Austin, TX
4:20 pm	<b>Presentations Conclude</b>