



NYSBA

Young Lawyers Section Summer Meeting

Embassy Suites by Hilton
Saratoga Springs, NY

June 29-30, 2018

SPECIAL OFFER

A limited number of scholarships are available to Section members who have not attended a Young Lawyers Section event in the last year.

See Meeting Registration Form for details.

THIS PROGRAM PROVIDES UP TO **4.5 MCLE credit hours** consisting of **2.0 credit in Skills**, **1.0 in Areas of Professional Practice** and **1.5 credit hours in Law Practice Management** for **both** experienced and newly-admitted attorneys.

Section Chair

Terrence Lee Tarver, Esq.

Tarver Law Firm, P.C.
Garden City

Program Co-Chair

John P. Christopher, Esq.

Sahn Ward Coschignano, PLLC
Uniondale

Program Co-Chair

Brandon Lee Wolff, Esq.

LeClairRyan, PLLC
New York City



SCHEDULE OF EVENTS

Friday, June 29

3:00 - 5:00 p.m.

Executive Committee Meeting - Big Red Room

5:30–6:30 p.m.

Welcoming Cocktail Reception - Diamond Club Grill

All meeting attendees welcome. For guests staying at the hotel, one complimentary drink ticket will be provided for this event. Cash bar for all others and for additional drinks.

6:30 p.m.

Executive Committee Dinner - Skidmore Room

Saturday, June 30

For guests staying at the Embassy Suites Hotel, breakfast is included in your room rate. Coffee/tea/decaf/water will be available at the meeting.

7:00 a.m.

Registration - Pre-Function Peerless

8:30 a.m.–12:45 p.m.

GENERAL SESSION - Peerless

8:30 – 8:45 a.m.

Welcome Remarks: Overview of Events

Terrence Lee Tarver, Esq., Section Chair

Program Introduction

John P. Christopher, Esq., and **Brandon L. Wolff, Esq.** Program Co-Chairs

8:45 – 10:25 a.m.

Flip Your Memory Switch: Memory Techniques for Lawyers

(2.0 credits in Skills)

A trained memory is a powerful professional and personal skill that is integral to success in the legal profession. Having the information you need at your mental fingertips can mean the difference between winning and losing a case.

- Remember names and increase the likelihood of successful networking
- Have facts and figures at your mental fingertips
- Learn how to use your memory and the techniques shared to make a powerful first impression
- Remember key information shared by clients and staff
- Learn how to share information with clients and staff in a way that will dramatically increase the listeners retention of key information

Panelists:

Matthew Goerke, Memory Switch, Hackettstown, NJ

Terrence Lee Tarver, Esq., Tarver Law Firm, P.C. Garden City, NY

10:25–10:35 a.m.

Refreshment Break

10:35 – 11:25 a.m.

The Introverted Lawyer: Authentically Empowered Advocacy Knowing Who You Are to Get the Results Your Clients Need - An Introspective Look at Introverted Lawyers and How to Amplify Our Voices in an Authentic Manner to be Impactful Advocates

(1.0 credits in Areas of Professional Practice)

- Differences Among Introversion, Shyness, and Social Anxiety
- Differences in the Ways Introverts and Extroverts Process Information, Energy, and Competing Stimuli
- Distinctions Between Introversion and Shyness/Social Anxiety
- Challenges Quiet Lawyers Can Face in Lawyering
- On-the-Spot Performance Scenarios (Negotiation, Oral Argument)
- Assets Quiet Lawyers Bring to the Profession
- Inauthenticity; National Task Force on Lawyer Well-Being Report and the Role of Fear in Mistake-Making
- Seven-Step Process for Amplifying Our Authentic Voices

Speaker:

Professor Heidi K. Brown, Brooklyn Law School

SCHEDULE OF EVENTS

11:30 a.m.– 12:45 p.m. **Mindfulness for Lawyers** (1.5 credits in Law Practice Management)

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and the surrounding environment. It is also a set of techniques and methods for systematically developing this awareness. The practice of mindful awareness has a variety of well-documented impacts for legal professionals, including a reduction in toxic stress hormones, an increase in emotion regulation, and an improvement in sustained attention, focus and executive functioning. Thus, the practice of being more mindful improves your overall experience as an attorney, you are happier at your job AND you are more productive and effective. The central objective of the course is for participants to learn the tools necessary to continue their mindfulness practice after the course is completed. Handouts will be provided after the course. This is an experiential course, so you will be both learning the techniques and applying them. There will be some movement as well, so please wear comfortable clothing.

Speaker:

Samara D. Anderson, Esq., Legal and Policy Advisor for the State of Vermont, Agency of Human Services, Registered Yoga Medicine™ Yoga Teacher

12:45 p.m.

Adjournment and Departure

HOTEL INFORMATION

Hotel Information:

Embassy Suites by Hilton, Saratoga Springs, NY 12866
Go to: www.nysba.org/YOUNSU2018 to be directed to
the Hotel webpage to book your accommodations
online by May 30th. The group rate is \$199.00

IMPORTANT INFORMATION

The New York State Bar Association's Section and Meeting Services Department has been certified by the NYS Continuing Legal Education Board as an accredited provider. **Under New York's MCLE rule**, this program has been approved for up to 4.5 MCLE credit hours consisting of 2.0 credits in Skills, 1.0 credits in Areas of Professional Practice and 1.5 credits in Law Practice Management for both experienced and newly-admitted attorneys.

Discounts and Scholarships: New York State Bar Association members and non-members may receive financial aid to attend this program. This discount applies to the educational portion of the program only. Under this policy, any member of our Association or non-member who has a genuine basis for his/her hardship, if approved, can receive a discount or scholarship, depending on the circumstances. To apply for a discount or scholarship, please send your request in writing to: Lori Nicoll via email: lnicoll@nysba.org or to her attention at New York State Bar Association, One Elk Street, Albany, New York 12207

Accommodations for Persons with Disabilities: NYSBA welcomes participation by individuals with disabilities. NYSBA is committed to complying with all applicable laws that prohibit discrimination against individuals on the basis of disability in the full and equal enjoyment of its goods, services, programs, activities, facilities, privileges, advantages, or accommodations. To request auxiliary aids or services or if you have any questions regarding accessibility, please contact Lori Nicoll at 518-487-5563

MEETING REGISTRATION FORM

Young Lawyers Section Summer Meeting – Registration Form

June 29-30, 2018 | Embassy Suites by Hilton | Saratoga Springs, NY

Name: _____ Email: _____ Phone: _____

Firm: _____

Address: _____

City: _____ State: _____ Zip: _____

REGISTRATION FEES

☐ \$75 Young Lawyers Section Member

☐ \$100 NYSBA Member or Co-Sponsoring Bar Association

☐ \$125 Non-NYSBA Member/Non-Co-Sponsoring Bar Association

☐ \$20 Join the Young Lawyers Section Now and Register at Section Member Rate

To learn more about the section go to: www.nysba.org/joinyls

SPECIAL OFFER: A limited number of scholarships are available to members of the Section who have not attended a Young Lawyers Section event in the last year. We are offering complimentary overnight stay for one night at the Embassy Suites Hotel in Saratoga Springs, and complimentary meeting registration fee. Scholarships are based on a first come, first serve basis. Send your name and contact information to Lori Nicoll at lnicoll@nysba.org to apply for this special offer.

PAYMENT INFORMATION

☐ Check or Money order enclosed. (Make checks payable to New York State Bar Association)

☐ Charge \$_____ to ☐ American Express ☐ Discover ☐ MasterCard ☐ Visa

Card number: _____ Expiration date: _____

Authorized Signature: _____

CANCELLATION POLICY:

Contact Lori Nicoll at lnicoll@nysba.org to cancel your meeting registration.

- Notices received prior to June 20, 2018: a full refund will be issued for the registration fees.

FAX OR MAIL THIS FORM WITH REGISTRATION FEES TO:

Lori Nicoll, Meetings Representative
New York State Bar Association
One Elk Street
Albany, New York 12207
Phone: 518.487.5563
Fax: 518.463.5993
Email: lnicoll@nysba.org



NEW YORK STATE BAR ASSOCIATION
SECTION AND MEETING SERVICES DEPARTMENT

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Albany, NY 12207