



**NCLAP**  
NORTH CAROLINA  
LAWYER ASSISTANCE PROGRAM

## 40th Annual LAP Conference:

Grandover Resort  
Greensboro, NC  
November 1-3, 2019

*5 CLE Hours*

# Conference Schedule

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## Friday, November 1, 2019

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3:00-6:30 Registration and Check-In

4:30-5:30 LAP Steering Committee Meeting

6:00-6:30 Meet and Greet

6:30-7:30 Dinner

- Greetings from the LAP Board Chair – John Bowman
- Greetings and Update from the LAP Steering Committee

7:30-8:30 Intro to Principles of Comedy – Dion Flynn

Intro to Resilience – Nancy Stek

## Saturday, November 2, 2019

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7:00-8:30 Breakfast

7:30-8:30 Refuge Recovery Meeting

8:45-10:15 Breakout Session 1 (1.5 CLE hours)

### Breakout A – Principles of Improv and Comedy in Recovery

Dion Flynn

Dion Flynn is a professional comic who also happens to be in long-term recovery. He discovered quickly that the skills he used in improvisational comedy paralleled the skills he needed in recovery. As a result, he created an Improv Recovery Workshop to illustrate and draw connections between these theatrical skills and the critical skills needed for successful long-term recovery. During this session, participants will tap into skills like intuition, empathy, acceptance, confidence, active listening, suspending self-judgment, and accepting imperfection. Participants will have an opportunity to work with the material and debrief in order to identify ways to implement these skills in recovery.

### Breakout B – Love Your Work. Love Your Life

Laura Mahr

Would you like to fall in love with your work and your life? In this innovative training, Laura Mahr of Conscious Legal Minds will help you better understand how to work and live in ways that boost your resilience and decrease your stress. You will learn how to build positive neuroplasticity (the ability of the brain to form new connections and pathways and change how its circuits are wired). During this course, you will learn and practice five cutting edge mindfulness and neuroscience-based tools that support you in enjoying your work and life.

### Breakout C – Improving the Wellbeing of Lawyers with ADHD

Casey Dixon

Lawyers suffer from ADHD at a greater rate than the general public. The well known 2016 ABA study is most cited for its findings about depression and problematic alcohol use. Often overlooked is the finding which indicated that up to 12.5% of lawyers in the US report ADHD or ADHD-like symptoms. It is even more evident that the stigma attached to that diagnosis is just one barrier that prohibits lawyers from getting the support they need to effectively manage their ADHD symptoms and learn how to thrive.

This session 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.

This session will explore:

What is chronic distraction?

What is ADHD? Includes demographics, etiology, and the executive function model.

What does ADHD have to do with being a lawyer?

Social, behavioral, and occupational issues related to ADHD.

Diagnosis and treatment options.

What NC LAP and its volunteers can do to help attorneys with ADHD.

Strategies for long-term mitigation of the effects of ADHD.

## 10:30-12:00 Breakout Session 2 (1.5 CLE hours)

### Breakout A – Principles of Improv and Comedy in Recovery

Dion Flynn

Same content as earlier breakout session.

### Breakout B – Bouncing Back from Burnout

Laura Mahr

If you've ever had that feeling like you're burning out and you want to know how to bounce back, this session is for you. In this training, Laura Mahr of Conscious Legal Minds shares the four key things that lead to burnout and how to avoid them. In addition, you'll learn common beliefs in the legal field that lead to professional burnout, warning signs that an attorney is burning out, and signs that may indicate you might be getting close to burnout. You will come away with new mindfulness and neuroscience-based tools to bring you back from the edge...or prevent you from ever getting close!

### Breakout C – Improving the Wellbeing of Lawyers with ADHD

Casey Dixon

Same content as earlier breakout session.

## 12:00-1:00 Lunch

## 12:00-6:30 Free time for fellowship and activities (NEW activity offered this year—see description on the back of this brochure)

Golf with Fred

Cycling with Frank (A & B pace groups)

## 6:30-9:30 Dinner

- In loving memory
- Comments from the LAP Director – Robynn Moraites
- Greetings from the State Bar – C. Colon Willoughby, President
- LAP Foundation of North Carolina Update – Reid Acree
- Presentation of the Chief Justice's LAP Service Award
- Speaker: Lanée Borsman

## Sunday, November 3, 2019

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### 7:00-9:00 Breakfast

### 7:30-8:30 Refuge Recovery Meeting

### 8:30-9:00 Memorial Remembrance Service – Open Sharing Format

### 9:00-11:00 Resilience Tools for Real Life Use – Nancy Stek (2 CLE hours)

Although some people seem to be born “resilient,” the trait of resiliency is a set of skills: and skills can be learned at any point in life. But resilience does not come with a lifelong guarantee. We can find ourselves overwhelmed with life's challenges and lose track of the very skills that can help us navigate rough waters without capsizing. What's a lawyer to do?

“Resilience Tools for Real Life Use” will cut to the core of the research, help you assess your personal hardiness profile, and develop a user-friendly plan to support your current skill set or easily boost your resilience skills. No gym membership needed, no sprints or marathons necessary, no personal trainer required, no special diet—it all happens between your two ears: thoughts, beliefs, mindset, attitude. And that can happen anywhere and anytime you choose.

## Our Speakers

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### Casey Dixon

Casey Dixon is an ADHD coach uniquely focused on high-demand-ridden professionals—highlighting lawyers and professors—who are super smart and can easily get derailed by their ADHD. She specializes in coaching lawyers with ADHD and those who find it difficult to focus at work and manage themselves in a healthy, stable, and productive manner. Her work includes individual coaching, group coaching in The Focused Lawyer Coaching Groups, and CLE presenting. She is currently writing a book with the working title of *The Focused Lawyer*.

She has been coaching lawyers and other professionals with ADHD since 2005.

### Dion Flynn

Cited by *Oprah Magazine* as “one of our favorite creative thinkers...,” comedian Dion Flynn is best known for his impersonation of Barack Obama with multiple appearances on *The Tonight Show*. He leads workshops in mental health, mental agility, and team building with Fortune 500 clients. A person in long-term recovery himself, Dion harnessed his knowledge of comedy and applied it in a recovery context. He has pioneered Improv Recovery Workshops in treatment centers across the country. Using the principles of improv comedy as illustrative of the foundational principles of recovery, he coaches and instructs participants in all phases of recovery. He has worked with some of the best treatment centers in the country, helping people discover and recover, and to find humor in the journey.

### Laura Mahr

Laura Mahr, Esq., is the founder of Conscious Legal Minds, providing mindfulness-based coaching and training to professionals and businesses nationwide. Laura brings 11 years of practice as a civil sexual assault attorney and two decades of experience as an educator and professional trainer. Laura's cutting-edge work to address burnout and vicarious trauma, and to build resilience in the practice of law, is informed by over 25 years of experience as a student and teacher of mindfulness meditation and yoga, and a love of neuroscience. It is Laura's greatest joy to help lawyers and law offices implement mindfulness and neuroscience practices in order to create productive and resilient work places.

### Nancy Stek

Nancy Stek is the associate director of the New Jersey Lawyers Assistance and Judges' Assistance Programs. Nancy's career spans the fields of health care, education, and the nonprofit sector. She has been a featured speaker at national conferences, and has provided specialized training through numerous entities including the New Jersey Department of Education, Rutgers University Center for Alcohol Studies, and the American Bar Association. She is a licensed clinical alcohol and drug counselor, certified hardiness trainer, certified life coach, and a reiki master practitioner.

## Activities

### Biking

We discovered that we have some avid road cyclists in our ranks. This year for the first time we will be offering a group ride. We hope to have two groups, but it will depend upon who signs up. The current plan is for an A group at a 17-19 mph pace and a B group at a 13-15 mph pace, both groups will be no-drop. BYOB (bring your own bike) and all accoutrements (helmet, gloves, Gu, water bottles, bike shorts, Cliff bars, etc). Distance for the A group is pending, and the B group will do a well known and established 30-mile Grandover Loop, popular in the Greensboro area. If interested, please indicate so on your registration form and Frank will be in touch. There is no cost for this activity.

### Golf

This year the golf outing will be close by—right in our own backyard! No need to drive anywhere. You can grab some lunch and head out to the links. Cost is \$55 a person, which includes the cart. If interested in golf, please indicate so on your registration form and Fred will be in touch.