

GLOUCESTER COUNTY LEGAL EDUCATION ASSOCIATION

JANUARY 10, 2019 CLE/CPE LECTURE

Rowan College at Gloucester County
Room 324 – Law and Justice Education Center
(Police Academy Building)
Tanyard & Salina Roads
Sewell, NJ 08080
4:30 p.m. – 6:40 p.m.

CLE Credits:

NJ 2.0 Substantive
PA 1.5 Substantive

Accounting CPE Credits:

NJ 2.0 Personal Development
PA 2.0 Professional Skills
Development

NEW JERSEY SUPREME COURT CONTINUING LEGAL EDUCATION BOARD ACCREDITED SERVICE PROVIDER #154
PENNSYLVANIA SUPREME COURT CONTINUING LEGAL EDUCATION BOARD ACCREDITED PROVIDER #3176
NEW JERSEY STATE BOARD OF ACCOUNTANCY SPONSOR #20CC00198100
PENNSYLVANIA STATE BOARD OF ACCOUNTANCY SPONSOR #PX177630

Directions to the College: From Phila. follow signs to Atlantic City (76 East) to Rt. 42 South (2½ mi. from W.W. Bridge). Follow Rt. 42 South (for 1½ mi.) until the Rt. 55 South exit. Get onto Rt. 55 (for about 3 mi.), then take Exit 56A for “47 South to 41 Glassboro-Hurffville”. After exiting Rt. 55, travel for ½ mi. to the first small little turn on your right (603 West) immediately across from the 7 Star Diner and just before Dylan’s Motorcoach & RV Sales lot. Turn right onto 603 West, then immediately turn right again at the Yield sign toward Sewell. Follow for .7 mi. to college entrance on your right.

DECREASE STRESS – IMPROVE YOUR PRACTICE

LEWIS C. FICHERA, ESQ.
CATHERINE FICHERA, M.A., NACYT
JAMES L. CAPOBIANCO, ESQ., CPA

Please return this registration form together with your check payable to “GCLEA” no later than FRIDAY April 6th

\$35.00 to members of Bar Associations within Vicinage 15

\$55.00 to non-member attorneys

\$35.00 to Accountants

Free to students (must pre-register)

Price includes CLE credit charges and all handout materials

Starting and ending times for this seminar allow for a ten-minute break. This program has been approved by the Board on Continuing Legal Education of the Supreme Court of New Jersey for 2.0 hours of total NJ CLE *substantive* credits. This program has been approved by the Pennsylvania Continuing Legal Education Board for 1.5 hours of total PA CLE credit in *Substantive Law, Practice and Procedure*. For CPAs, this seminar is presented as an *Overview*; a working background of the legal system is suggested as a prerequisite.

To register, complete this form and mail it with your check (payable to “GCLEA”) to Lynn A. Silverstein at:
GCLEA, P.O. Box 338, Woodbury, NJ 08096

James L. Capobianco, Esq., CPA – President & Founder CLE/CPE Program

Please Print Your Name

Phone Number

CPA or Atty License #

Email Address

One of the complaints most frequently heard from clients is that their attorneys are non-responsive to calls. Very often, attorneys suffer from stress emanating from a variety of sources some of which are within the attorney’s control, and others that are external, beyond his/her control. These may include: case overload, court calendars, judges’ dockets, other attorneys’ timetables, the schedule and availability of clients and necessary witnesses, health issues and family demands.

Medical literature is replete with evidence that stress leads to heart attack, stroke, poor mental and psychological well-being and even death. Certainly stress can lead to poor time management which, in turn, results in a plethora of (what could otherwise be avoidable) problems. In today’s modern law practice, certainly we cannot eliminate stress altogether. However, there are a variety of techniques that, when mastered and practiced regularly, can greatly reduce tension and stress.

The Lawyer Assistance Program frequently receives calls from attorneys with problems due to stress overload. This course will be a “hands-on” demonstration of meditation practices including *Yoga Nidra* (which can be practiced at your desk), proper breathing exercises including *Pranayama* (which can be done anywhere – even in court), “chair yoga” (which can be performed right in your office), and internal bio-feedback mechanisms including *Qigong* centering, relaxation and visualization techniques. Including these newly learned skills into your daily routine will give you the ability to reduce stress, improve your law practice, enhance your performance in court and enrich your interaction with clients and fellow members of the bar and judiciary.