



NEW SOUTH WALES
BAR ASSOCIATION

The Mindful Barrister

Presented by:

James Donald Ph.D, Lecturer in
Leadership and Management at the
University of Sydney.

Comments:

Chris O'Donnell SC, Nick
Poynder, and Theresa Baw

Chaired by:

Kylie Nomchong SC

NSW Bar Association

Common Room

5.15pm Monday 16 April 2018

1.5 HOUR SEMINAR
1.5 CPD POINTS IN THE
PRACTICE MANAGEMENT AND
BUSINESS SKILLS STRAND

Mindfulness describes a particular way of paying attention, and is receiving wide interest across organisations seeking to meet the challenges of an 'always-on' culture. Barristers face stressful and sometimes overwhelming work demands and mindfulness meditation can be utilised in addressing these challenges. Specifically, mindfulness has been shown to enhance focus, increase enjoyment and satisfaction at work, boost well-being, and strengthen resilience. This interactive presentation provides an overview of the science of how mindfulness reduces stress and enhances focus, introduces the practice of mindfulness meditation, and explores ways in which mindfulness can be incorporated into daily life and work.

This seminar has been organised by the Health and Wellbeing Committee.

THIS SEMINAR IS OPEN TO MEMBERS OF THE NSW
BAR ASSOCIATION

REGISTRATION IS NOT REQUIRED

For more information, please contact Tiffany McDonald
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 Continuing Professional Development