



Young Members Conference 2019 – The Mindful Lawyer

Date	Thursday 10 October 2019
Time	2.00pm to 5.00pm
Venue	Green Hall, Law Society of Ireland
Fee	€135
CPD Hours	3 Management and Professional Development Skills (by Group Study)
Event Code	S1952

Aims and Objectives

The Younger Members Committee of the Law Society, in partnership with Law Society Finuas Skillnet, is delighted to host its fourth annual conference. The aim is to discuss mindfulness and integrating thoughtful practices into life, both at work and at home, to improve mental health and productivity.

The event will include keynote speakers, followed by an interactive panel discussion. Panel members will share their personal experiences, professional experiences, and provide insights, guidance and practical tips.

- Hear a leading psychotherapist discuss the importance of mental health, and its significance for lawyers and their work.
- Find out how mindfulness can be applied to and implemented in your daily life - both within and away from your work environment.
- A sports psychologist who has worked with high performance athletes will draw on the techniques that will help you to succeed in a sustainable way.
- An executive coach will discuss the various aspects of career change and development, and how proactive work practices can enhance your career in the long-term.

Panel Discussion

The presentations from our speakers will be followed by a tea break and a lively Q&A. We hope all participants will come armed with questions and insights to challenge our speakers.

Topics to be covered include

- Why mindfulness and mental health is so important
- Practical toolkit for mindful practices
- Working thoughtfully in a pressurised environment
- Improving productivity through mindfulness and focus

Chairperson

TBC

Speakers

Antoinette Moriarty, Psychotherapist & Law School Psychological Services Manager, Law Society of Ireland

Antoinette combines her understanding of optimum human performance, gained through her training as a Psychotherapist in London and Dublin with over 20 years' experience designing and leading professional and executive development for lawyers and other executive leaders. In addition to her private Psychotherapy and Executive Coaching practice (www.professionaltherapy.ie), Antoinette manages the Law Society of Ireland's Counselling Service and teaches a new element of professional legal education entitled 'Shrink Me - Psychology of a Lawyer'.

Fiona McKeever, Executive and Leadership Coach at Fiona McKeever Coaching

Fiona is an experienced lawyer, including 12 years (2007-2018) as a partner in one of Ireland's leading commercial law firms, and an Executive and Leadership Coach. For five years, Fiona was responsible for professional development in Arthur Cox. She initiated a range of career development programmes for lawyers, from trainee to senior partner. During this time, Fiona developed her expertise in executive and leadership coaching. In 2016, Fiona completed a Diploma in Executive and Leadership Coaching, accredited by the Association of Coaching, one of the global bodies responsible for setting and monitoring standards in coaching. Prior to heading up L&D in Arthur Cox, Fiona practised for 14 years (1999-2013) in the area of EU and Irish competition and merger control law, becoming a partner in 2007. Chambers Europe recognised Fiona as one of Europe's leading competition lawyers between 2004 and 2014. Fiona typically works with professionals on their leadership development at key career transition points or at times of organisational change. Fiona's experience means that she understands the context within which many professionals experience their career. As a previous sponsor of coaching programmes, she also understands the organisation requirements in leadership development. This combination of experience allows her to pay close attention to both the individual and organisation needs from a coaching programme. Fiona aims to create a non-judgmental environment within which an individual can both express themselves, their goals and objectives, and experience challenge on their thinking and assumptions.

Ursula Cullen, Solicitor and Mindset Coach, Legal Counsel to CPL Group in Ireland

Ursula began her career as a barrister and later became a qualified solicitor in Ireland, England and Wales and the British Virgin Islands. Her passion for human development, mindfulness and the mindset led her to discover coaching. Ursula chose to focus on mindset coaching as she believes our mindset is the key to success in both our personal and professional lives. Along with her work as a Mindset Coach, Ursula runs coaching workshops and is also a peer support volunteer with LawCare which is a charity that supports mental health and wellbeing in the legal community. She has trained with Positive Success Group (PSG) gaining a nationally and internationally recognised professional qualification in Executive and Life coaching accredited by the Life and Business Coaching Association of Ireland. She also gained a distinction in professional coaching and ethics qualification and was chosen by PSG as coach of the month for June 2019 for her contribution to the global coaching community. She is the creator of the RISE wellness event which was created from her passion for maintaining a healthy mind and body. For more information on Ursula's coaching work please visit www.ursulacullen.com

Gerry Hussey, Performance Psychology Consultant & Motivational Speaker

Gerry is a proud west of Ireland man, born and raised in the rugged and inspiring landscape of west of Ireland. When Gerry is not at home with Miriam his wife and his German Shepherd, Oscar, he can be found leading and building some of the world's most successful sports and business teams. Gerry has been at the forefront of building high performance teams, organisations and individuals in Olympic and Professional, sport and the corporate organisations. Gerry has prepared and led teams for success at Olympic Games, Heineken cups, World cups and All Ireland Championships. His vast experience

has seen him work across many elite teams including, Professional Rugby, Olympic sailing, Athletics, Olympic Boxing, Track Cycling and GAA. Gerry currently works with global leading corporate organisations and business teams in the areas of Leadership, High Performance Team development and human performance and wellness. Gerry has developed a series of wellness and performance programmes that he runs both in Ireland and internationally where he facilitates and coaches his clients to strip away the learned behaviours and thinking and re connect themselves with the very best version of themselves to re awaken and ignite their inner passion and ability. Gerry is passionately committed to building human capacity and excels in creating dynamic, innovative and high performing organisational culture that grows its people to achieve excellence in performance and leadership. Gerry brings an unrivalled wealth of honesty, experience and infectious passion into his dynamic and interactive performance mind sets and systems.

Sinead O'Connor, Mindfulness Instructor

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