

2025 Men of CMCP Conference
Session B: The Balanced Professional
Wednesday, April 23, 2025
3:50 pm – 5:00 pm

LOCATION:

City Club Los Angeles – 555 Flower St., Los Angeles, CA 90071

CA MCLE: 1.0 hr Wellness Competence

Schedule:

- 3:50 Welcome Remarks by Joseph Lutz (Senior Counsel, Seyfarth Shaw)
- 3:55 Introductions and Overview by the Moderator, Olaseni Bello Jr. (Associate General Counsel, Intuit Inc.)
- 4:00 Panel Discussion
- Michael Alvarez – Founder, PerFitness
 - Michael Thomas – Principal, Jackson Lewis
 - Nicholas Waddles – Managing Partner, Seyfarth Shaw
- 5:00 End of Session

RESOURCES:

Wellness & Mental Health

Cho, Jeena, and Karen Gifford. *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation*. American Bar Association, 2016.

Hall, Hallie N., and Corey S. Saban. *Yoga for Lawyers: Mind-Body Techniques to Feel Better All the Time*. American Bar Association, 2014.

Professional Organizations & Resources

"Commission on Lawyer Assistance Programs." *American Bar Association*, https://www.americanbar.org/groups/lawyer_assistance/. Accessed 19 Apr. 2025.

"Law Practice Division." *American Bar Association*,
https://www.americanbar.org/groups/law_practice/. Accessed 19 Apr. 2025.

"Well-Being in Law." *American Bar Association*, Commission on Lawyer Assistance Programs,
https://www.americanbar.org/groups/lawyer_assistance/well-being-in-the-legal-profession/.
Accessed 19 Apr. 2025.

Legal Career & Work-Life Balance

"Work-Life Balance." *National Association for Law Placement*,
<https://www.nalp.org/worklifebalance>. Accessed 19 Apr. 2025.