



UIA

Union Internationale des Avocats
International Association of Lawyers
Unión Internacional de Abogados

Health & Wellness for Lawyers:

International Perspectives on Promoting Peak Performance
Among Attorneys, Their Organizations, and Their Communities

Seminar presented by the **UIA U.S. National Committee** in collaboration with **UIA Health Law Commission** and **UIA Animal Law Working Group**

**THURSDAY,
MARCH 9
& FRIDAY,
MARCH 10, 2023**



New York

NY, USA

www.uianet.org

#UIANYC

Introduction

Join us for a series of informative and practical discussions involving panelists from across the profession and around the world to discuss actionable strategies for promoting health, well-being, and peak performance among lawyers in the legal profession, and in society.

Conversations about attorney health and well-being have tended to focus on the disproportionately high rates of depression, anxiety, substance abuse, and suicide among individual lawyers. Those remain critical issues that deserve our sustained attention. But there are other important components of attorney health and well-being. For example, vicarious trauma often afflicts members of our profession whose work involves issues such as violence and abuse. Or, to take another example, the field of positive psychology has identified well-being strategies that can enable all of us to come closer to achieving our full potential as lawyers, community and family members, and friends. And while actions by individual attorneys are important to foster health, legal employers and bar asso-

ciations such as the UIA can and must help to advance the health and well-being of the profession and the communities in which we live and work.

Seminar participants will begin by learning and exchanging ideas about the broader meaning of attorney health and well-being—one that honestly acknowledges and addresses our profession's most serious challenges while also recognizing the likelihood that improvements in mental and physical well-being will advance our performance on multiple levels. Then, we will embark on a journey of learning about specific methods for improving attorney health and well-being, starting from the perspective of the individual attorney and then moving to the level of legal employers, bar associations, and the role lawyers can play in advancing health and wellness in our local communities, countries, and globally. Judges, lawyers, and well-being experts from around the world will provide participants with fresh viewpoints on each of these issues.

We look forward to seeing you in New York in March 2023!

The UIA would like to thank the following partners:

**SEWARD &
KISSEL LLP**

WUERSCH & GERING



ORGANISING COMMITTEE

Judge Peter M. REYES, Jr.

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*Seward & Kissel LLP
New York, NY, USA
T +1 (212) 574 1334
considine@sewkis.com*



Join the world's largest international network of lawyers and benefit from a 50% discount on your membership fee during the seminar!

THURSDAY, MARCH 9

08:45 – 09:15 REGISTRATION OF PARTICIPANTS & WELCOME COFFEE/TEA

SEWARD & KISSEL LLP

One Battery Park Plaza, New York, NY 10004

09:15 – 09:30 WELCOME AND OPENING OF THE SEMINAR

- **Urquiola DE PALACIO DEL VALLE DE LERSUNDI**, *UIA President, Palacio & Asociados, Madrid, Spain*
- **Judge Peter M. REYES, Jr.**, *President of the UIA US National Committee, Minnesota Court of Appeals, Saint Paul, MN, USA*
- **Michael CONSIDINE**, *Seward & Kissel LLP, New York, NY, USA*

09:30 – 11:00 PANEL #1. OVERVIEW AND INTRODUCTION: WHAT DOES LAWYER HEALTH AND WELL-BEING MEAN?

Lawyer health and well-being is not just about alcohol or drug addiction and suicide. While that is a part of it, this is a much broader issue. The practice of law is incredibly stressful and demanding. How do practitioners deal with this daily stress and still be productive? Before a practitioner can even think about taking care of their clients, they must first to take care of themselves. Only then can a practitioner be their most productive. This session will discuss the hard reality and statistics that show this is a real issue in the legal profession that we can no longer ignore. This session will define what is lawyer health and well-being, why we need to address this issue head-on, and what steps we can all take to be the most effective and efficient practitioners who are representing their clients ethically.

MODERATOR: ▪ **Janice F. MULLIGAN**, *Past President of the UIA Health Law Commission, Mulligan, Banham & Findley, San Diego, CA, USA*

SPEAKERS:

- **Yoshihisa HAYAKAWA**, *Counsellor to the UIA President, Uryu & Itoga, Tokyo, Japan*
- **Libby CORENO**, *The Law Office of M. Elizabeth Coreno, Esq. P.C. Rockville, MD, USA*
- **Michael J. KASDAN**, *Wiggin and Dana LLP, New York City, NY, USA*
- **Robert CHENDER**, *Seward & Kissel LLP, New York City, NY, USA*

11:00 – 11:15 COFFEE BREAK

11:15 – 12:45 PANEL #2. PEAK PERFORMANCE STRATEGIES FOR LAWYERS

After defining the scope of the issue, the seminar will turn to a series of panels that will examine practical strategies for advancing health & wellness at a variety of levels, from the individual level to the role of lawyers in the health and wellness of the non-legal community. Panel 2 will educate attendees on how they can improve their own individual health and wellness, strive for peak performance, and model positive behaviors for their colleagues by using tools such as mindfulness, meditation, diet, and exercise.

MODERATOR: ▪ **Eliana SILVA DE MORAES**, *President of the UIA Health Law Commission, Silva de Moraes & Associés, Paris, France / Sao Paulo, Brasil*

SPEAKERS:

- **Judge Peter M. REYES, Jr.**, *President of the UIA US National Committee, Minnesota Court of Appeals, Saint Paul, MN, USA*
- **Marco IMPERIALE**, *LCA Studio Legale, Milan, Italy*
- **Grant DAVIS-DENNY**, *President of the Privacy and Rights of The Digital Person UIA Commission, Munger, Tolles & Olson LLP, Los Angeles, LA, USA*

12:45 – 13:45 LUNCH

Programme

13:45 – 15:15 PANEL #3. HOW LEGAL EMPLOYERS CAN PROMOTE HEALTH AND WELLNESS

Panel 3 will zoom out one level and examine how law firms, the judiciary, in-house counsel, and government agencies that employ lawyers and staff can advance the health and wellness of their employees. We will discuss changes over the past 40 years; adaptation to new attitudes towards the profession and work-life balance; the impact of hybrid work models as a result of the pandemic; and best practices to deal with employee stress, fatigue and burnout while maintaining work quality and professionalism.

MODERATOR: ▪ **Jerry ROTH**, *UIA President of Honor, Roth Global Law/Arb, San Francisco, CA, USA*

SPEAKERS:

- **Senior United States District Judge George B. DANIELS (SDNY)**, *New York City, NY, USA*
- **Elizabeth ORTEGA**, *ECO Strategic Communications, Miami, FL, USA*
- **Mary WALLS**, *Seward & Kissel LLP, New York City, NY, USA*
- **María VALENTÍN ACEDO**, *Libra Avocats, Paris, France*

15:15 – 15:30 COFFEE BREAK

15:30 – 17:00 PANEL #4. HOW LAWYERS CAN ADVANCE HEALTH AND WELLNESS IN THE PROFESSION

Lawyers can profoundly impact the health and wellness not only of their legal colleagues, but also for non-lawyers in their communities. In Panel 4, we will hear from lawyers, judges, and professors whose full-time jobs, pro bono, or volunteer work focuses on public health and discuss ways in which seminar attendees can become more involved in this critical issue.

MODERATOR: ▪ **Maritza RODRIGUEZ**, *Rodríguez Law Firm LLC, Newark, NJ, USA*

SPEAKERS:

- **Nicole DENAMUR**, *Sustainable Strategies PLLC, Seattle, WA, USA*
- **Yolanda EISENSTEIN**, *President of the UIA Animal Law Commission, Santa Fe, NM, USA*
- **Jennifer CLAYTON**, *LMSW Attorney, Well-Being Program Manager for the New York State Bar Association (NYSBA), Albany, NY, USA*
- **Fernando HERNÁNDEZ GÓMEZ**, *UIA Director of Membership, Vázquez Aldana, Hernández Gómez & Asociados, Guadalajara, Mexico*

18:00 – 20:00 COCKTAIL RECEPTION

**Kindly offered by Wuersch & Gering LLP at:
Wuersch & Gering LLP**

100 Wall Street, 10th Floor, New York, NY 10005

20:00 OPTIONAL DINNER AT FRAUNCES TAVERN®

54 Pearl St, New York, NY 10004

<https://www.frauncestavern.com/>

New York's oldest and most historic bar and restaurant, Fraunces Tavern® is a National Landmark building that once served as a watering hole for many of the Founding Fathers of the USA. This building is most famous as the site where, on December 4, 1783, George Washington gathered a group of his officers, nine days after the last of the British troops left American soil, to thank them for their service and bid them an emotional farewell before returning home. The only first-hand account of the Farewell comes from The Memoirs of Colonel Benjamin Tallmadge, which Fraunces Tavern Museum has on display. Fraunces Tavern® Museum is the only Museum in New York City that allows visitors to discover the American Revolutionary past in NYC's oldest standing structure.

FRIDAY, MARCH 10

08:45 – 09:15 REGISTRATION OF PARTICIPANTS & WELCOME COFFEE/TEA

SEWARD & KISSEL LLP

One Battery Park Plaza, New York, NY 10004

09:15 – 10:45 PANEL #5. HOW LAWYERS CAN PROMOTE HEALTH AND WELLNESS WHILE WORKING IN VARIOUS HIGH-CONFLICT ENVIRONMENTS

Recognizing compassion fatigue, what to do when you see it. How to set up tips for people working in a variety of high conflict environments through professional and pro bono services, including the benefits of providing pro bono services.

MODERATOR: ▪ **Barbara J. GISLASON**, *UIA Chief Editor - Juriste International, Law Office of Barbara J. Gislason, Fridley, MN, USA*

SPEAKERS:

- **Jim KARANI RIUNGU**, *General Counsel at Lawyers for Animal Protection in Africa (LAPA), Nairobi, Kenya*
- **Joanna WSOLEK**, *Kancelaria Adwokacka Adv. Joanna Wsolek, Krakow, Poland*
- **Simon BRUCE**, *Dawson Cornwell, London, UK*

10:45 – 11:00 COFFEE BREAK

11:00 – 12:30 PANEL #6. HOW BAR ASSOCIATIONS AND OTHER ASSOCIATIONS, INCLUDING THE UIA, CAN ENCOURAGE HEALTH AND WELL-BEING

Broadening our perspective even further, Panel 6 will discuss the role that bar associations, including the UIA, are playing, and should play, in promoting lawyer health and wellness, and strategies for improving and expanding those efforts in the future. The UIA can build upon learnings from other bar associations that have undertaken studies and provided recommendations.

MODERATOR: ▪ **Steven M. RICHMAN**, *UIA Deputy Chief Editor - Juriste International, Clark Hill PLC, Princeton, NJ, USA*

SPEAKERS:

- **Daniela HORVITZ LENNON**, *President of the UIA Family Law Commission, Horvitz Abogados, Vitacura, Chile*
- **Antoinette MORIARTY**, *Psychotherapist & Organisational Development Consultant, Dublin, Ireland*
- **Sherry LEVIN WALLACH**, *Esq. to be President of the New York State Bar Association (NYSBA), Deputy Executive Director of The Legal Aid Society of Westchester County, White Plains, NY, USA*
- **Isidro NIÑEROLA TORRES**, *President of the UIA Young Lawyers subcommittee, Dawson Cornwell, London, UK*

12:30 – 13:00 CLOSING REMARKS



Bringing Together the World's Lawyers

UIA is the global and multicultural organisation for the legal profession, established in 1927 and now with members in 110 countries. UIA facilitates professional development and international exchange of information and ideas, promotes the rule of law, defends the independence and freedom of lawyers worldwide, and emphasizes friendship, collegiality and networking among members.



- Grow your business through global contacts



- Benefit from preferential prices for our events



- Exchange ideas and information with leading professionals in the legal industry



- Defend the independence and freedom of lawyers worldwide

General Information

SEMINAR VENUE

SEWARD & KISSEL LLP
One Battery Park Plaza
New York, NY 10004
T +1 (212) 574-1200

→ CONTINUING LEGAL EDUCATION

Every participant attending the seminar will receive a "Certificate of Participation" at the end of the event that may be used to obtain "Credits" for "Continuing Legal Education" - "Continuing Professional Development" purposes, depending on national rules. For more information, please contact the UIA.

CLE Certification: Application for New York accreditation of this program is currently pending. For all other jurisdictions, attendees will receive a Uniform Certificate of Attendance.

→ LANGUAGE

The working language will be **English**.

→ HOTEL RESERVATION

SEWARD & KISSEL LLP (Seminar Venue) has established corporate agreements with the following nearby hotels. Reservations should be made directly through the hotel. Credit card details must be given in order to secure your reservation. Please note that the number of rooms is limited. We recommend that you proceed with your reservations as soon as possible.

HOTELS

DOUBLETREE HOTEL (4*)

140 meters/450 pi from the Seminar Venue
8 Stone St, New York, NY 10004, USA
T +1 212-480-9100

Reservations: T (+1) 800-222-TREE (8733)
www.newyorkcityfinancialdistrict.doubletree.com

HAMPTON INN MANHATTAN/DOWNTOWN-FINANCIAL DISTRICT (3*)

110 meters/350 pi from the Seminar Venue
32 Pearl Street, New York, NY 10004, USA
T +1 212-480-3500
Reservations: T (+1) 212-480-3500

→ REGISTRATION FEES

	On or before February 9	From February 10
UIA MEMBER / ABA	<input type="checkbox"/> EUR 395/USD 450	<input type="checkbox"/> EUR 445/USD 500
UIA MEMBER / ABA - YOUNG LAWYER (<35)*	<input type="checkbox"/> EUR 345/USD 400	<input type="checkbox"/> EUR 395/USD 450
NON-MEMBER	<input type="checkbox"/> EUR 445/USD 500	<input type="checkbox"/> EUR 495/USD 550
NON-MEMBER - YOUNG LAWYER (<35)*	<input type="checkbox"/> EUR 395/USD 450	<input type="checkbox"/> EUR 445/USD 500
LAW STUDENT **	<input type="checkbox"/> EUR 90/USD 100	

Fees include:

- Attendance at all working sessions
- Seminar documentation
- Lunch on March 9
- Coffee breaks on March 9 & 10

The dinner on Thursday, March 9 is optional and at additional charge.

* Please attach proof of age to the registration form to benefit from young lawyers fee.

** Please send a copy of your student card to benefit from the special rates. Please note that the Law Student registration is limited to 20 students.

Please note that the number of places at the seminar is limited. The organisers reserve the right to refuse registrations in the event of excess applications.

In order for your name to appear in the **list of participants**, which will be distributed during the seminar, your registration form must be received by February 27 at the latest. An updated electronic list will be sent by email to all the participants after the seminar.

RATES

Corporate discount offered on guest room rates, which is obtained **mentioning the Corporate Account Number 002748992:**

– **Online on the reservation website:**

www.newyorkcityfinancialdistrict.doubletree.com

When using the website, begin at the main page linked above, enter the Check Check In & Out dates on the right side of the screen and select Go. On the next page, scroll down to the **Special Accounts** section to enter in the **Corporate Account Number** box our unique account number **002748992** and then select continue.

– **By phone** mentioning the Account Number when calling for reservations at (+1) 800-222-TREE (8733).

Reservation can be made by calling (+1) 212-480-3500 and **mentioning "Seward & Kissel"** or you can follow the link below to make **reservations online:**

https://secure3.hilton.com/en_US/hp/reservation/book.htm?ctyhocn=NYCMNHX&corporateCode=2748992&from=lnrlink

Cancellation and General Conditions

→ CANCELLATION CONDITIONS

All cancellations will be subject to a 50% deduction and will have to be sent in writing, to be received by the Union Internationale des Avocats **no later than February 9, 2023**.

No refund will be made for cancellations received after this date.

VISAS

Anyone who requires a visa invitation letter in order to attend the seminar should register and pay their registration fees **no later than February 9, 2023** to ensure there is enough time to obtain a visa.

→ GENERAL CONDITIONS

All registrations received by the Union Internationale des Avocats (UIA) along with the full payment of fees corresponding to the events selected will be confirmed in writing.

The UIA reserves the right to cancel or postpone the seminar to a later date, change the seminar venue and/or programme, make any corrections or modifications in the information published in the seminar programme and cancel any invitation to participate in the seminar, at any time and at their entire discretion, without having to provide any reasons for the same.

Neither the UIA, nor any of its managers, employees, agents, members or representatives shall be held responsible for any loss or damage, of any nature, suffered (directly or indirectly) by a delegate, accompanying person or a third party following any cancellations, changes, postponements or modifications.

The UIA strongly advises participants to subscribe to modifiable and/or refundable services, as well as to take out a cancellation insurance.

Neither the UIA, nor any of its managers, employees, agents, members or representatives shall be held responsible for any loss or damage, of any nature whatever, suffered (directly or indirectly) by a delegate or accompanying person, except in case of death or personal injury due to gross negligence by the UIA.

The contractual relations between the UIA and each participant (delegate or accompanying person) in relation to the seminar are subject to French law and jurisdiction, to the exclusion of any other law. Paris is the city of jurisdiction.

FORMALITIES

It is the responsibility of participants to ensure compliance with police, customs and health formalities for their journey. Participants unable to take part in the seminar because of their inability to take a flight or any other means of transportation due to being unable to provide the documents required (passport, visa, vaccination certificate, etc.) cannot claim any reimbursement.

FORCE MAJEURE

“Force majeure” means any events external to the parties, of both an unforeseeable and insurmountable nature that prevents either the client or the participants, or the agency or service providers involved in organising the seminar, from executing all or part of the obligations provided for in the present agreement. By express agreement, such will be the case in the event of a strike affecting the means of transport, hotel staff, air traffic controllers, an insurrection, a riot or any prohibition whatsoever decreed by governmental or public authorities.

All cancellations will be refunded in full, minus €50 to cover administrative costs, provided that the UIA has received the registration documents and **total registration fees no later than February 9, 2023**.

If you register after this date, only 50% of the amount paid minus €50 to cover administrative costs will be refunded for cancellations due to visa refusals.

All cancellations due to a visa refusal must be sent in writing and reach the UIA **before the seminar**. Cancellations must be accompanied by a **proof of visa refusal**.

If your visa is issued after the seminar date or if you do not have proof of visa refusal, you will not be entitled to a refund.

It is expressly agreed that for the parties, a case of force majeure would suspend the execution of their reciprocal obligations. At the same time, each of the parties shall bear the burden of all the expenses incumbent upon them, resulting from the case of force majeure.

HEALTH

The organisers decline any responsibility in case of any health problems existing prior to the seminar that may lead to complications or be aggravated during the entire period of the stay: pregnancy, cardio-vascular problems, any allergies, special diets, any disorders under treatment and not yet consolidated on the day the seminar starts, psychic or mental or depressive illness, etc. (Non exhaustive list).

PERSONAL DATA PROTECTION

The personal data that you communicate to us shall be processed by the International Association of Lawyers (UIA – Union Internationale des Avocats), with its registered office at 9 rue du Quatre Septembre, 75002 Paris (Tel: +33 1 44 88 55 66 - Fax: +33 1 44 88 55 77 - privacy@uianet.org), in accordance with Act No. 78-17 of January 6, 1978 relating to data, files and freedoms and Regulation No. 2016/679 on data protection, as of its entry into force on May 25, 2018. Your data will be managed by UIA's General Services, Events and Accounts Section:

- For the purpose of administering your registration for the event and your on-site access to the event;
- In order to pay for the selected services - your bank details will be deleted after receipt of your payment;
- In order to communicate information messages from UIA.

To the extent necessary for the execution of their respective tasks, our subcontractors in charge of our seminar organisation, our IT infrastructure, our management, the production and maintenance of our website and extranet, are likely to gain access to your data from time to time. Their servers are located in the European Union.

Data relating to your participation in the event shall be stored for a period of 10 years. We are obliged to archive billing data until the end of the period required for our tax and accounting obligations, i.e. for 7 full tax years. We shall store your contact information to keep you informed until you ask us to stop. You have the right to access your data and have it corrected if necessary.

You may object to any processing of your data undertaken by us for the purposes of our legitimate interests. If you wish for more information, or to lodge a complaint, please contact CNIL (French Data Protection Authority).



Union Internationale des Avocats
International Association of Lawyers
Unión Internacional de Abogados

Registration Form

Health & Wellness for Lawyers: International Perspectives on Promoting Peak Performance Among Attorneys, Their Organizations, and Their Communities

NEW YORK, NY, USA

THURSDAY, MARCH 9 & FRIDAY, MARCH 10, 2023

Register online at www.uianet.org
or please complete and return this form to: uiacentre@uianet.org

UIA (International Association of Lawyers)

■ Tel: +33 1 44 88 55 66 ■ Email: uiacentre@uianet.org

Family Name:

First Name:

UIA Identification number (if you already have one): M I _____

Firm:

Address:

Post Code: City:

Country:

Tel: Fax:

Email:

Date of Birth:

EU VAT ID-Number:

Special requests (special diet, allergies, handicap...):

Arrival/departure times & flight numbers:

Hotel:

A. SEMINAR REGISTRATION FEES

	On or before February 9	From February 10
UIA MEMBER / ABA	<input type="checkbox"/> EUR 395/USD 450	<input type="checkbox"/> EUR 445/USD 500
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NON-MEMBER	<input type="checkbox"/> EUR 445/USD 500	<input type="checkbox"/> EUR 495/USD 550
NON-MEMBER - YOUNG LAWYER (<35)*	<input type="checkbox"/> EUR 395/USD 450	<input type="checkbox"/> EUR 445/USD 500
LAW STUDENT**	<input type="checkbox"/> EUR 90/USD 100	

* Please attach proof of age to the registration form to benefit from young lawyers fee.

** Please send a copy of your student card to benefit from the special rates. Please note that the Law Student registration is limited to 20 students.

B. SEMINAR SOCIAL ACTIVITY

Please indicate below whether you plan to attend the following event **included** in the cost of your registration.

Lunch – Thursday, March 9

C. OPTIONAL DINNER

(**Not included** in the registration fees)

Optional Dinner – Thursday, March 9

• Please book person(s) for the dinner

EUR 140 / USD 155

Total (C) EUR/USD

D. TOTAL

TOTAL (A) – Registration Fees

EUR/USD

TOTAL (C) – Optional Dinner

EUR/USD

TOTAL (A+C) EUR/USD

E. CANCELLATION CONDITIONS AND GENERAL CONDITIONS

I, the undersigned, confirm having read and accepted the cancellation policy and the general terms and conditions given on page 6 of the registration programme. My registration will only be taken into account after receipt of my payment.

The participant is aware that his/her image and/or voice may be recorded or filmed during the entire duration of the seminar and, by signing this registration form, grants UIA the right to use, reproduce and distribute the concerned images and recordings by any known or unknown means and on all types of media, for an unlimited duration, completely free of charge.

The undersigned acknowledges having been informed of the processing of the personal data contained in this form by UIA, as detailed on page 6 of the registration programme.

F. METHOD OF PAYMENT

By bank transfer in **EUR** or **USD**, without charges to the payee, in favour of the Union Internationale des Avocats, quoting “**2023 NYC Seminar**”, to the following bank and account:

Société Générale – Paris Elysées Entreprise – 91 avenue des Champs Elysées – 75008 Paris – France

BIC / SWIFT N°: SOGEFRPP

IBAN: FR76 3000 3033 9200 0503 4165 164

Kindly attach a copy of your bank transfer order to your registration form

By credit card: Visa Mastercard

Card N°: _____

Expiry date: __/__/__

3 digits: ___

Name of card holder:

I authorise the Union Internationale des Avocats to debit the above mentioned credit card in the amount of **€ (EUR) or \$ (USD)**

Date: / /

Signature: