Becoming Mindful to Improve Lawyering and Life
Co-Sponsored by the Law Office Management Committee

Moderator/Speaker:
Cedric Ashley, Esq., M.Div.
LifeCycleLegal, LLC, Princeton

Speakers:
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Chasan Lamparello Mallon & Cappuzzo, PC, Secaucus
Cynthia O’Connell, M.Ed., CYT, MBSR
Mindfulness Connection, Manasquan
Ashley Molson, Esq., CYT
Molson Law Firm LLC, Hoboken
Elizabeth Legiec, Esq.
Law Offices of Elizabeth Legiec, Esq., Mendham
Becoming Mindful to Improve Lawyering and Life

Session Outline – Panel Bios – Supplemental Materials

1. Overview of Mindfulness
   a. What is Being Mindful
   b. What Are Mindfulness Practices
   c. Being Mindful v. Mindfulness Practices

2. Incorporating Mindfulness into Your Daily Practices

3. Mindfulness as A Practice Management Tool

4. Mindfulness as A Path to Self-Awareness and Self-Regulation

5. Mindfulness as A Practice to Reduce Stress and Gain Life Balance

6. Mindfulness and Ethics Alignment

7. Mindfulness Practice Demonstration
(n) "Tribunal" denotes a court, an arbitrator in an arbitration proceeding or a legislative body, administrative agency or other body acting in an adjudicative capacity. A legislative body, administrative agency or other body acts in an adjudicative capacity when a neutral official, after the presentation of evidence or legal argument by a party or parties, will render a binding legal judgment directly affecting a party's interests in a particular matter.

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(b) A lawyer’s representation of a client, including representation by appointment, does not constitute an endorsement of the client’s political, economic, social or moral views or activities.

(c) A lawyer may limit the scope of the representation if the limitation is reasonable under the circumstances and the client gives informed consent.

(d) A lawyer shall not counsel or assist a client in conduct that the lawyer knows is illegal, criminal or fraudulent, or in the preparation of a written instrument containing terms the lawyer knows are expressly prohibited by law, but a lawyer may counsel or assist a client in a good faith effort to determine the validity, scope, meaning or application of the law.

A lawyer may counsel a client regarding New Jersey’s medical marijuana laws and assist the client to engage in conduct that the lawyer reasonably believes is authorized by those laws. The lawyer shall also advise the client regarding related federal law and policy.

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(d) When a lawyer knows that a client expects assistance not permitted by the Rules of Professional Conduct or other law, the lawyer shall advise the client of the relevant limitations on the lawyer's conduct.
Cedric Ashley, Esq., M. Div.
Managing Director

Cedric is the Founding Principal of LifeCycleLegal LLC, a professional service company whose mission is the development of balanced, engaged, and effective legal industry professionals. Cedric is a Myers-Briggs Type Indicator (MBTI®) Certified Practitioner and received his MBTI® training and certification from the Center for Applications of Psychological Type (CAPT®). Additionally, he is certified as a Coach in Social and Emotional Intelligence from the Institute for Social & Emotional Intelligence (ISEI®), and has received additional coaching training from the Institute of Professional Excellence in Coaching (iPEC®).

Cedric holds B.A. and J.D. degrees from Rutgers University and a Master of Divinity degree from Drew University Theological School. During law school Cedric was a Finalist (team) in the Eighth Annual Nathan Baker Mock Trial Competition, and the First-Place Winner (team) in the Intra Scholastic Client Counseling Competition. Upon graduation from law school, Cedric received the Myron S. Harkavy Memorial Prize awarded to the graduating student who shows the most promise as a trial lawyer.

After graduating from law school, Cedric served as an Assistant District Attorney in the Manhattan District Attorney’s Office where his responsibilities encompassed all phases of criminal litigation, including grand jury presentations, trials, and appellate brief writing. After leaving the Manhattan D.A.’s Office, Cedric became associated with the law firm of Pitney Hardin Kipp & Szuch LLP (now Day Pitney LLP). As a litigation associate his practice areas encompassed corporate and complex commercial litigation, healthcare fraud, internal investigations, corporate grand jury investigations, and white-collar criminal defense.

Thereafter, Cedric served as Director of Academic Development at Rutgers Law School-Newark, where he was responsible for the overall development, management, and evaluation of the academic development program; managing the minority student summer internship program involving more than twenty participating employers; recruiting prospective employers and screening and placing students with participating employers; teaching and managing the judicial externship program; developing seminars focusing on skills development in the practice of law, and providing academic and career counseling to students.

CHEYNE R. SCOTT, Esq.

Cheyne is a civil litigation attorney working with Chasan Lamparello Mallon & Cappuzzo, PC focusing her practice on contracts, governmental entity representation, labor and employment law, and represents individuals, municipalities, counties, authorities, and school boards in various litigation and compliance matters arising under New Jersey's Tort Claims Act (Title 59). Additionally, Ms. Scott is currently serving as Housing Prosecutor for the Township of North Bergen. She joined the firm following a Clerkship with the Hon. Sheila A. Venable, Presiding Judge for the Criminal Division, in Hudson County Superior Court.

Prior to her clerkship, Cheyne served as a summer associate with a Michigan law firm. She also served as Judicial Intern to Hon. Patrick J. Duggan, United States District Court for the Eastern District of Michigan, in Detroit.

Cheyne graduated from Michigan State University in 2006. She obtained her Juris Doctorate cum laude from Thomas M. Cooley Law School in 2011.

Cheyne is also the author of TheSpiritualLitigator.com, a blog dedicated to self-care, stress management and mindfulness for attorneys.
Ashley Molson is an Attorney, Yoga Instructor and Executive Coach for Professionals. She’s been practicing law for four years, teaching yoga for three and coaching professionals for two. She opened her law firm, Molson Law Firm, in 2015. Her practice focuses on the areas of Real Estate Law and Small Business Development for Health and Wellness Companies. Ashley opened her law practice because she felt that the legal community needed a lawyer who is trained in yoga. The art of practicing law combined with yogic principles is a means by which she guides her clients through the stressful legal transactions they hire her for. When asked, “What do you do?”, Ashley often replies, “I am a lawyer trained in the art of helping people learn how to breath.” Although she’s been teaching yoga for only three years, she’s been practicing yoga for fifteen years. While developing her law practice, she started to experience, not just the stresses of being an attorney, but the stresses of being an entrepreneur as well. She joined a mastermind group and quickly learned that many people who function at high levels, such as attorneys, doctors, business owners, etc., could benefit from learning techniques that Ashley has developed over time due to her intense focus on health and wellness. Because Ashley is practicing law full time, she only takes on a small group of coaching clients at a time. This way she can devote her time, attention and awareness to all of her responsibilities. Through her ability to combine law, yoga and wellness together, Ashley is ingraining herself in the legal community as a symbol that both law and bliss can be symbiotic.
Elizabeth Legiec maintains a private practice in Mendham where she concentrates on civil and criminal litigation.

Ms. Legiec is a former Assistant Prosecutor in the Essex County Prosecutor’s Office, New Jersey Deputy Attorney General in the Economic and White-Collar Crime Unit of the Criminal Justice Division, and Assistant Prosecutor/Special Deputy Attorney General in the Morris County Prosecutor’s Office.

Ms. Legiec has significant in house and law firm experience as the Assistant General Counsel for the Delaware Otsego Corporation, and with firms including Siff, Rosen and Parker, and Frohling & Hudak.

She is a graduate of Seton Hall Law School and Douglass College, Rutgers University. She is fluent in Spanish and Polish, and has represented many Spanish and Polish speaking clients.

Ms. Legiec is active with various Bar Associations as well as many charitable and community organizations. She will be the Chair-Elect for the Women in the Profession Section of the New Jersey State Bar Association, and is a Trustee of the Criminal Law Section. She is a former Trustee of the New Jersey Women Lawyers Association. Ms. Legiec has appeared as legal commentator on Court TV.
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