



Mindfulness for Judges

Over the course of the four days, we will explore the most current research on mindfulness, including the neuroscience underlying mindfulness and the effects of mindfulness on work-related skills and behaviors. Specifically, participants will learn how mindfulness can help cope with trauma, and enhance leadership and communication.

The mindfulness course gets to the core of the day-to-day lived reality of judges, which is decision making. This course provides judges with tools to improve their listening skills, the thoughtfulness with how they approach decisions, and information on stress reduction which is a key element to conscientious decision-making.

During this course, you will learn to:

- Define “mindfulness”;
- Describe why mindfulness is important for judges to employ;
- Summarize the benefits of mindfulness for both your personal and professional life; and
- Apply mindfulness to assist you in decision making.

Santa Fe, NM

November 18-21, 2024

Tuition: \$1,799

Conference Fee: \$499

For more information & to register: judges.org/mind

Scholarships may be available. Apply during registration.

This course is eligible for Continuing Legal and Judicial Education (CLE/CJE) credits under most state Boards/bars/commissions. Please check with the state which you intend to file with regarding filing requirements for CLE/CJE consideration. Completion of all class sessions is required to receive a certificate of completion.

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