

Well-being and Mindfulness in the Practice of Immigration Law

Goals for the New Year

TX NM OK Chapter AILA Fall Conference 2022

Well-being and Mindfulness in the Practice of Immigration Law

Please join us November 3rd to 5th for our Chapter's annual Wellness Conference in Tulum Mexico, an ancient magical town on the Caribbean coast of the Yucatan Peninsula. Our Chapter's Fall Conference is geared toward all aspects of well-being and practice management for immigration lawyers. Strategically scheduled at the end of the year, we invite you to come to this idyllic setting and reflect on the past year and set your goals for the coming year and get your CLE! Our faculty of speakers composed of immigration attorneys and wellness professionals will present on a variety of topics: practice management, effective tools for productivity and efficiency in your practice, boundaries, secondary trauma, the nuances of a virtual workforce and outsourcing, how to delegate effectively and most of all how to take care of YOU.

Thursday, November 3rd

5:00 – 7:00 PM

**Welcome Reception Happy Hour
Hilton Tulum Riviera Maya**

Friday November 4th

7:30 – 8:15 AM

Taking care of YOU: Morning Yoga Session

Led by Beatriz Hernandez, Esq.

Certified Yoga Instructor

Get ready for a unique oceanside yoga experience with Beatriz Hernandez, where we will flow to the rhythm of our breath and the ocean. This class is open to anyone and everyone who is ready to prioritize their well-being. We will focus on full body activation in every single posture, build flexibility, elongate our bodies, and prepare our mind for the day ahead.

9:00 AM

Registration

Chapter Chair Olsa Alikaj-Cano Conference Kick-Off

9:00 – 10:00 AM

Promoting Wellness & Balance with your Team and in Your Practice

(1.0 CLE/ethics)

Speaker: Dustin O'Quinn, Esq.

Building an infrastructure of wellness into your organizational framework and firm culture. Review of ethical duties to clients: competence, diligence, and communications including fees. Common impediments to balancing wellness. Best practices for balancing a culture of wellness with ethical duties to our clients.

10:00 – 10:15 AM

Well-being Break

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- 10:15 – 11:45 AM** **Mental Health: Centering Your Client, Centering Yourself**
Mental Health (1.5 CLE)
Speaker, Ruth Yanez, MSW and Vanessa Peake, Esq.
Define and understand vicarious trauma, compassion fatigue and burnout.
Recognize signs of compassion fatigue and burnout.
Examine practical measures to reduce negative effects of compassion fatigue and burnout.
Employ self-care at various levels to prevent burnout from happening.
- 11:45 – 1:30 PM** **Lunch & Chapter Meeting**
- 1:30 – 2:30 PM** **Mindfulness: How to Manage Your Reaction to Stress and Anger by Diffusing the Situation and Making Peace**
(1.0 CLE/ethics)
Speaker: Lynn Calder, Esq.
Diffusing anger in others.
Diffusing our own anger and stress -getting to THRIVE.
The importance of self-awareness to act from choice rather than habit.
Changing “auto pilot” thinking through mindfulness.
Changing our brain pathways with compassion, gratitude, and empathy
Helpful mindfulness practices to use every day.
- 2:30 – 3:30 PM** **What Is Your Body Telling You? How To Listen and Be a Better Lawyer**
(1.5 CLE/ethics)
Speaker: Erika Beetcher, CNP, DNP, MS, & Beatriz Hernandez, Esq.
Tests and labs we should be seeking for our overall well-being from our primary care providers and why.
How to interpret and act on measurements of health for us and our loved ones.
When to screen for certain conditions and the best plan for seeking the appropriate health care provider.
- 3:30 – 3:45 PM** **Well-being Break**
- 3:45 – 4:45 PM** **Feeding Yourself for Wellness: Choosing a Nutritional Path**
(1.0 CLE/ethics)
Beatriz Hernandez, Esq., Erika Beetcher, CNP, DNP, MS
& Anuj Shah, Esq
Shifting our perspective on self-care to improve our quality of life, one healthy habit at a time.
Tips on how to incorporate movement into our busy schedules, to promote longevity and overall health.
Movement as medicine & food as fuel: a deep dive into plant-based eating with a focus on its energetic components, frequency of our food choices and the emotional and spiritual dimensions present in our meals.
How to fuel our bodies to achieve our ultimate potential.

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Saturday, November 5th

7:30 – 8:15 AM

Taking care of YOU: Morning Yoga Session

Led by Beatriz Hernandez, Esq.

Certified Yoga Instructor

Get ready for part II of Beatriz Hernandez's oceanside yoga experience and leave rejuvenated and inspired to continue your yoga journey.

9:00 – 10:00 AM

**Practice Management: Principles of Delegation
(1.0 CLE)**

Speaker: Ruby Powers, Esq.

What holds you back from delegation?

Technology tools to help keep your business organized.

Analyze what can be delegated and to whom it should be delegated.

Automation & Communication.

How to delegate to enhance your productivity.

10:00 – 11:00 AM

**The Path Out of the Wood: Outsourcing for Inner Peace
(1.0 CLE/ethics)**

Speaker: Griselda Ponce, Esq.

Moderator: Rebecca Kitson, Esq. Chapter Immediate Past Chair

What to Outsource & Why.

Choosing the right Source to Outsource.

Avoiding Pitfalls: Quality Control & Adequate Systems.

11:00 – 11:15 AM

Well-being Break

11:15 – 12:15 PM

**Productivity: Take Control of your Time by Calendaring
(1.5 CLE/ethics)**

Speaker: Laura Kelley, Esq. Certified Life Coach, "The Joyful Attorney"
& Immigration Attorney

Understand and reduce decision fatigue.

Use pre-frontal cortex to plan in advance.

Schedule tasks on calendar.

Communicate boundaries effectively.

12:15 – 12:30 PM

Closing Meditation

Led by Laura Kelley, Esq. Certified Life Coach, "The Joyful Attorney"
& Immigration Attorney

Adjourn