LexVid Services, Inc., Presents:

Running on Empty: the Epidemic of Professional Burnout

Course Description, Table of Contents, Timed Agenda

Total: **50 Minutes**

Speakers:

James Eischen

Description

Over time, the rigors of practicing law can impact a lawyer's personal life and impact their professionalism. It is key for attorneys to identify behaviors affecting their practices and clients. This talk starts with a discussion on professional burnout affecting professionalism and providing anecdotal stories and interactive discussion. The presentation will then shift to mindfulness and other tactics for addressing the situations negatively impacting the lawyer, and recommendations on overcoming obstacles and achieving satisfaction with your chosen procession.

I. How the practice of law can lead to burnout (facts, anecdotes, & discussion) (5 min.)
II. How the mind works and how to use mindfulness to overcome burnout (20 min.)
III. Rediscovering your purpose: why you became a lawyer (15 min.)
IV. Other methods on avoiding burnout (10 min.)

Total: 50 minutes

Meet the Lecturer(s)

James Eischen

James Eischen is a California attorney with over 26 years of experience representing commercial interests locally, nationally, and internationally. His clients have included medical groups/physicians, software/IT companies, industrial enterprises, financial institutions, real estate developers/managers, and telecommunications conglomerates. His expertise extends to managing all facets pertaining to business representation: from formation to contractual relations and managing disputes/transitions. He has experience working with mergers and acquisitions, shareholder/board issues, IP transactions, venture capital investment, and general employment risk management and documentation.
Since 2009, Mr. Eischen has worked with healthcare clients in matters involving licensing and regulatory issues, including compliance with Medicaid and Medicare. He also advises in matters

©LexVid, Inc. All Rights Reserved

connected to reimbursement, contracts, interdisciplinary health professional employment and labor issues, HIPAA compliance, and the fast growing membership-based direct primary care (DPC) service approach targeting employers and individuals. Mr. Eischen became a national expert in structuring consumer/patient financial contribution and reimbursement models for private/concierge medical groups and healthcare IT product developers to achieve federal legal compliance. He has worked as a consultant/founder with medical groups, electronic health record software firms, cardiovascular testing and health coaching enterprises, and venture capital groups exploring healthcare opportunities.

jeischen@mcglinchey.com

 ©LexVid, Inc. All Rights Reserved