

Friday, January 23, 2026

2 – 5:15 p.m.

Wellness Committee

3.0 MCLE Credit Hours, including up to 2.0 SA.MH Credit Hours

Supreme Court Commission on CLE Course #: 260141

Room Location: 105-106

A Business Case for Wellness

Join us for this great wellness line up. Our first speaker Javoyne will present Attorneys and practice tools to aid in your journey to wellness. Running a law practice is demanding—but financial stress doesn't have to add to the burden. *From Burnout to Balance Sheet* explores how lawyers' beliefs and habits around money directly impact both firm success and personal well-being. Through practical strategies, mindset shifts, and the right financial tools, this session will show lawyers how to reduce stress, create balance, and build a healthier relationship with their practice and their finances. The second session will discuss perspectives on the practice of law as a business, why Mr. X thought the way he did and why we don't need to follow his lead, and the mindsets necessary to run a profitable law firm in a new world while remaining honorable to an honorable profession. The last session will be about a burned-out lawyer who is a broke lawyer. Law school didn't teach you how to set boundaries—because few realized how essential this skill would become in today's fast-paced, technology-driven practice of law. Join Tara Simkins, lawyer turned life coach, as she connects the dots between healthy boundaries, your well-being, and your bottom line. You'll learn how protecting your energy and time not only keeps you healthy but also makes your practice more sustainable—and more profitable.

Agenda

2-3 p.m. **From Burnout to Balance Sheet: Building Financial and Personal Well-Being in Law** - Transform your practice by mastering the money habits that reduce stress, restore balance, and fuel long-term success.

Javoyne Hicks
Magnifying Synergy, LLC
Atlanta, GA

3-3:15 p.m. BREAK

3:15 – 4:15pm. **The Practice of Law Doesn't Have to be a Plantation System**

Paul Knowlton
Stanton Law, LLC
Atlanta, GA

4:15-5:15 pm **Boundaries: A Path to Wellness and Profitability**

Tara Simkins
Soul Shine Lab
Augusta, GA

Moderator: Natalie Ecker
Phillips Burr & Forman, LLP
Greenville, SC