

# Senior Lawyers Division Symposium

## SPEAKER BIOGRAPHIES

*by order of presentation*

### **Lisa Tolbert**

*McLeod Health & Fitness Center  
Florence, SC*

Lisa Tolbert is originally from West Virginia. In 1986, after a year at community college, Lisa moved to Florida with her parents. She worked as a receptionist for the First Florida Bank for a year, during which she met her former husband. They were married and over the 6 years that followed, she had two daughters and a son. Lisa was a stay-at-home mom, and home-schooled her children while pursuing many individual interests and part-time jobs from home. Her family moved back to Bethune in 2001 and she had her second son that November.

In 2004, Lisa enrolled at Coker College and majored in P.E. with a concentration in Fitness Programming. She thrives in academia. During the following year there were increasing hardships with her marriage, which ultimately resulted in separation. Lisa began an internship with McLeod Health and Fitness Center in February of 2007. She was hired on quickly and began teaching Pilates, and soon after, began personal training. Her divorce was finalized in July 2007, and she graduated Magna Cum Laude with a B.S. in P.E. in December 2007. Over the next several years she worked in group fitness, group personal training, individual personal training, in the children's activity center, and on the fitness floor assisting members. Lisa worked for nearly 3 years in the Fitness After Rehab program that is still in operation today.

In October 2014, Lisa was promoted to Fitness Supervisor. She continued to build on her experience and became even more passionate about focusing on senior health and fitness. She considers herself having had the tremendous fortune of working with some amazing women and men who have helped her become a better person and trainer. Lisa stated, "This field is truly filled with opportunities to make a difference!". During this time, Lisa and her co-workers have put together an in-house new hire training package that has been used since with great success.

In May of 2017, Lisa was offered the Fitness Services Manager position and began to learn more administrative tasks, which she finds incredibly satisfying. While she never imagined that she would want to manage other people, she has discovered that the key to successful leadership is the same as successful parenting and training: Set the example; provide an expectation and a program or plan, and then stand back and watch them succeed. Lisa was born with an old soul and a love for encouraging others. She has found personal and professional satisfaction in this field, and hopes only to continue to expand her knowledge and skill set so she can make a meaningful difference in the lives of others.

**Jim & Pat McLaren**  
*McLaren & Lee / Teacher (Ret.)*  
*Columbia, SC*

Jim and Pat McLaren have spent their lifetimes cooking and enjoying fine wine and the social experiences that go with all of that. Both have attended and organized numerous cooking school experiences and trips to vineyards around the world. They hope to share some of their experiences to better your food and wine experience in your “Senior Years”.

Jim and Pat reside in Columbia, South Carolina. They have two children, Will and Molly, and a seven year old grandson, Logan, who keeps everyone busy and entertained.

Jim has practiced family law for the last 41 years with his law firm of McLaren & Lee in Columbia. He served as President of the American Academy of Matrimonial Lawyers, which facilitated much travel over the last 20 years. Typically, those meeting focused on about a day of business, and then three days of food, wine and golf.

Pat was an educator, counselor and administrator in Richland School District 2 for over 25 years. Her teaching experiences focused on working in and developing gifted programs. Jim readily concedes that Pat is a much better cook. Pat is an avid tennis player. Jim’s passion is golf (note, passion is considerably different than skill). They hope the group will enjoy the wine tasting and discussions, and the food and other experiences that they have been fortunate enough to experience.

**Darra W. Cothran**  
*Woodward Cothran & Herndon*  
*Columbia, SC*

**Course Planner**

Darra is an attorney and partner in the Lexington law firm of Woodward Cothran & Herndon, where she specializes in mediation, insurance, banking, government, and administrative agency matters for business and corporate clients. Ms. Cothran is a 1969 graduate of Clemson University and a 1973 graduate of the University of South Carolina School of Law. She is a certified mediator and arbitrator, and earned an AV® Preeminent Peer Review rating by Martindale Hubbell™.

Ms. Cothran’s activities include: Richland County Planning Commission; Greater Columbia’s Chamber of Commerce; Chair of the Board of Sandhills Bank; former President of the South Carolina Women Lawyer’s Association; Clemson University Board of Visitors, the President’s Advisory Board for Clemson University and the Clemson University Foundation Board; member of the Board of the South Carolina Medical Malpractice Joint Underwriting Association. She has also served on the SC Bar Fee Disputes Board and the Trinity Presbytery Judicial Council. She is the President-elect of the SC Bar Senior Lawyer’s Division.

Ms. Cothran is married to Robert Gahagan and enjoys travelling and grandchildren. Recently, she decided to “use the other side of her brain” and now takes art classes.