

## OC DIAN Wellness CLE

### Reclaiming Purpose: Cultivating Fulfillment and Resilience in Legal Practice

Sheppard Mullin 650 Town Center Drive, 10th Floor Costa Mesa, CA 92626

08.07.2025 | 5:30-7:30 PM PT

Sheppard Mullin's Diversity & Inclusion Attorney Network of Orange County invites you to join us for a special CLE program:

In today's demanding legal environment, it's easy to lose sight of the values and motivations that brought us to the profession. This engaging session will explore how attorneys can foster greater purpose, resilience, and well-being—while remaining grounded in our ethical and professional obligations.

Led by Tara Gillman, a certified executive coach and former AmLaw 100 litigation partner, the program will offer practical tools to combat burnout, reconnect with your core values, and build a sustainable legal career rooted in authenticity and well-being.

We will be serving fresh and delicious mocktails and juices to leave everyone feeling renewed. Attendees will receive a special wellness-themed giveaway, a complimentary tote bag filled with curated items to support your well-being.

Open to all attorneys. 1.0 hour of **Wellness** CLE credit will provided.

[Click here to register.](#)

### Attorneys

Stacy M. Dominguez

Melissa M. Mikail