



Day/Date: Monday, October 25, 2021

Time: 12:00 pm – 1:00 pm

Title of Program: Mindfulness is a Choice

CLE: 1.0, No Ethics

Register: https://www.tcdla.com/TCDLA/Events/Event_Display.aspx?EventKey=P102521

Overview: Mindfulness for lawyers is a hot topic and it makes sense when we think about it. Believing in the process and actually incorporating it into our busy lives must be a choice that we make and stick to. We will discuss the benefits of developing a mindfulness practice and interventions that can be used to slow our minds enough to make room for mindfulness.

Speaker: Mark Griffith

Graduated from Baylor Law School in 1992. Never been a prosecutor, set up my shingle as a defense attorney as soon as licensed. Have tried cases from Capital Murder to DWI with not guilty verdicts. Over the past 29 years over 300 jury trials conducted to verdict. Previous speaker on cross examining pediatric expert for State, the application of Psychodrama to trial and trial attorneys. A passionate advocate for the accused.

Mark has been practicing exclusively in the area of criminal defense his entire career. Owner and president of Griffith & Associates, Criminal Defense. Tried all levels of criminal trials including many 25-life punishment range cases to not “guilty” verdicts. Working for the underdog in a system that often chews them up and spits them out is what makes Griffith passionate about what he does. Everybody...all of us, deserve a passionate and effective voice.