



2019-2020 Incoming CBA officers (L to R) President-elect Amy Lin Meyerson, Secretary Dahlia Grace, Treasurer Vincent P. Pace, Vice President Cecil J. Thomas, Immediate Past President Jonathan M. Shapiro, and President Ndidi N. Moses. Not pictured is Assistant Secretary-Treasurer David A. McGrath.

## CBA Hosts the Largest Gathering of Legal Professionals in Connecticut

BY LEANNA ZWIEBEL

More than 1,200 attorneys, judges, paralegals, and other legal professionals from throughout the state gathered on June 10 at the Connecticut Convention Center in Hartford for the 2019 Connecticut Legal Conference. The day began with a networking breakfast—including alumni receptions for Quinnipiac University School of Law as well as UConn School of Law—and wellness offerings of mindfulness, yoga, and a river walk.

This year's conference featured over 40 CLE seminars across 12 different tracks with topics ranging from diversity and inclusion, lawyer wellness, the Fourth Amendment, and federal and state wage and hour laws, with a track dedicated to advanced training in depositions and cross-examination.

Among the 11 seminars that began the day, Chief Justice Richard A. Robinson, 2018-2019 Immediate Past President Karen DeMeola, and 2019-2020 Vice President Cecil J. Thomas spoke on how the success and failure of personal diversity and inclusion narratives are often linked to power,

privilege, and personal comfort, by embracing and celebrating stories of diverse individuals who have overcome significant obstacles to achieve great outcomes, in their seminar "The Power and Pitfalls of Personal Narratives in Advancing Diversity and Inclusion." Additionally, Workers' Compensation Section Chair Francis "Bud" Drapeau presented Diane Duhamel with the Pomeranz-O'Brien Award for her

exemplary service to the workers' compensation system and community during The Workplace Track seminar "Current Issues in the Workers' Compensation System."

The CBA Annual Meeting Luncheon recognized judges taking trial referee status as well as held the installation of the 2019-2020 officers, including the 96th



Attendees began the day with Pre-Conference Wellness Offerings, including a river walk with Kathy Flaherty.





Featured speaker Robert Musante presented the seminar "Great Adverse Depositions: Principles and Principal Techniques" during Session A of his full-day track, Advanced Training in Depositions and Cross-Examination.



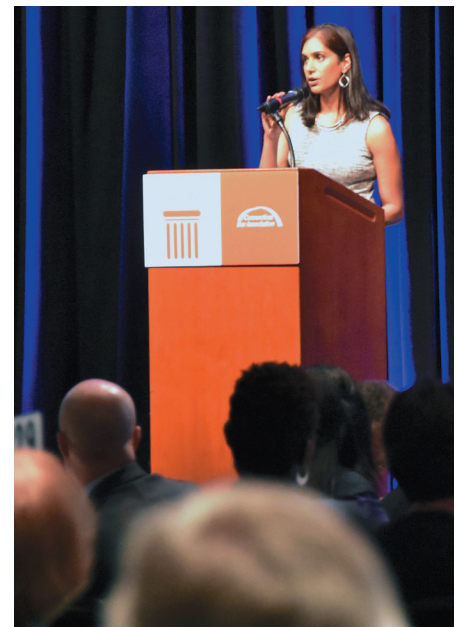
Attendees learned about data security and privacy risks for law firms, about client files and document retention, and how to manage legal outsourcing risks from Brendon P. Levesque and Stephen J. Conover during the Ethics Track seminar "Shifting Landscapes: Adapting Your Firm to Emerging Threats."



2019-2020 Vice President Cecil J. Thomas, along with fellow panelists Chief Justice Richard A. Robinson and Past President Karen DeMeola (2017-2018), embraced and celebrated their stories of overcoming significant obstacles as diverse individuals during the Diversity and Inclusion Track seminar "The Power and Pitfalls of Personal Narratives in Advancing Diversity and Inclusion."



John W. Cerreta of Day Pitney LLP presented a mock oral argument before Appellate Court Chief Judge Alexandra D. DiPentima, Appellate Court Judge Eliot D. Prescott, and Hon. Chase T. Rogers (ret.), during the Litigation and Advocacy Track seminar "Final Judgment, Preservation of the Record, and Standards of Review on Appeal."



Keynote Speaker Asha Rangappa spoke at the CBA Annual Meeting Luncheon on "Disinformation, Democracy, and the Rule of Law."



Worker's Compensation Section Chair Francis "Bud" Drapeau presented Diane Duhamel with the Pomeranz-O'Brien Award for her contribution and exemplary service to the workers' compensation system and community during The Workplace Track seminar "Current Issues in the Workers' Compensation System."



Connecticut Attorney General William M. Tong, Chief Justice Richard A. Robinson, and Lt. Governor Susan Bysiewicz spoke at the CBA Annual Meeting Luncheon.





United States Attorney for the District of Connecticut John H. Durham gave a warm introduction to 2019-2020 CBA President Ndid N. Moses as her boss, mentor, and friend.

president of the CBA, Ndid N. Moses, President-elect Amy Lin Meyerson, Vice President Cecil J. Thomas, Secretary Dahlia Grace, Treasurer Vincent P. Pace, Assistant Secretary-Treasurer David A. McGrath (not in attendance), and Immediate Past President Jonathan M. Shapiro.

The Annual Meeting Luncheon began with the National Anthem, performed by American Idol contestant Shayy Winn. Attendees heard from Connecticut Attorney General William M. Tong, Chief Justice Richard A. Robinson, Lt. Governor Susan Bysiewicz, and United States Attorney for the District of Connecticut John H.



American Idol contestant Shayy Winn gave a powerful performance of Andra Day's "Rise Up" following newly installed CBA President Ndid N. Moses' remarks for the upcoming bar year.

Durham. Keynote Speaker Asha Rangappa, former FBI agent, CNN contributor, and senior lecturer at Yale University, spoke on "Disinformation, Democracy, and the Rule of Law."

CBA President Ndid N. Moses shared her focus of balance for the 2019-2020 bar

**The following is a reprint of Incoming President Ndid N. Moses' 2019 CBA Annual Luncheon Meeting speech.**

Thank you for the warm introduction, John Durham.

It is great to be here and see all of you again. Many of you have helped shape my legal career and served as my family in the Connecticut legal community. So, thank you.

Many people have asked me why I would want to add this to my plate, and how can I possibly do it all. The question assumes, incorrectly, that I do it all myself.

In fact, I do not. I have a wonderful support system.

The most valuable person in that support system is my mother, who continues to support me and encourage me, and who is truly making it possible for me to assume this role. Thank you, mom.

Other amazing people in my support system include my loving husband, father, siblings, aunts, uncles, cousins, and friends—my son—my muse. My excellent support system includes the current executive officers of the CBA, and the staff at the CBA, all of who have made taking on this role a lot easier.



Newly installed CBA President Ndid N. Moses shared her focus of "balance" for the upcoming bar year.

Finally, thank you to the US Attorney's Office for allowing me to take on this role. I hope I make you proud.

I have learned over the years that it is only lonely at the top if you don't take your friends with you. So to those in my supportive system, know that I love you, appreciate you, and will have you on speed dial this year.

The theme for this bar year is "Balance for a Better Legal Profession." When we all graduated from college, someone gave us the Dr. Seuss book, *Oh, the Places You'll Go!* And at the end of that book, Dr. Seuss reminds us to: "Step with care and great tact, and remember that Life's a Great Balancing Act."

I never really knew what he meant until I had my son. After I had my son, that wonderful support system that I mentioned earlier—I forgot about them. I thought work-life balance required me to do it all myself. And I tried doing it all myself...

And in doing so, I became very stressed out. I began to feel like I was failing at the one job I had just gotten—being a mom. I was totally out of balance. I became so overwhelmed. My health began to fail. And I found myself in the hospital with high blood pressure and other complications. This baffled the doctors for months because I was under 40 and totally healthy otherwise. And it really took that brief hospital stay to wake me up and make me realize that I needed to figure out how to get my life back into balance. Not just for my sake, but for my son's sake, my families' sake.

So I started to do the research, and found that the legal profession is one of the most unbalanced professions. Studies have shown that lawyers have one of lowest levels of emotional resilience of any other profession.



Connecticut Supreme Court Justice Maria A. Kahn introduced attendees to the Pro Bono Work to Empower and Represent Act of 2018, during The President's Track seminar, "Understanding the New P.O.W.E.R. Act."

year, stating, "This year's theme, balance for a better legal profession, is a reminder to you that you are not in this alone. The CBA is here, and has always been here, to be that support system to help you balance your obligations so that you can be excellent, not perfect, lawyers." The luncheon concluded with eighteen-year-old Shayy



2019-2020 Immediate Past President Jonathan M. Shapiro introduced the Hartford Gay Men's Chorus for a performance during the President's Reception.

Winn sharing her inspirational story of recently losing her vision due to a brain tumor, and delivering another powerful performance, singing "Rise Up" by Andra Day.

Immediately following the final session of seminars, the President's Reception was held for all attendees to mingle with colleagues and discuss the day's events as well as the year to come, over cocktails and an assortment of appetizers. Attend-

ees also enjoyed a performance from the Hartford Gay Men's Chorus.

The CBA thanks all those that helped make the Connecticut Legal Conference a great success—the attendees, exhibitors, and the sponsors, particularly Platinum Sponsor Kronholm Insurance Services and Gold Sponsors CATIC and Liberty Bank. ■

#### LEANNA ZWIEBEL

*Leanna Zwiebel is a communications associate at the Connecticut Bar Association.*

Emotional resilience, by the way, is the ability to bounce back after setbacks.

#### Why?

Because someone told us, probably in law school, that lawyers have to be superheroes. We have to do it all ourselves...and do it perfectly.

But we can't.

We need to depend on others, and we need to admit that we need the help of others to balance. If you don't believe me, do the research. Lawyers are 3-4 times more likely to suffer from depression than non-lawyers. The *Connecticut Law Tribune* noted in a 2017 article that 28 percent of lawyers suffer from depression, 19 percent struggle with anxiety, and 23 percent are impaired by stress. And the studies show these statistics for lawyers mirror those of law students.

Each and every time I tell my story to someone, I meet another person who, like me, tried to do it all themselves and struggled to meet their obligations to their family, profession, friends—without losing themselves. We are all, at some level, overworked and feel like we are being pulled in a billion directions. But we don't have to continue on this way.

There is a difference between being perfect and being excellent. Machines do things perfectly. People do not. Excellence acknowledges that human beings are dynamic and changing. Instead of focusing on the destination, as perfectionists do, striving for excellence allows us the space to pace ourselves and enjoy the journey. To fail, reinvent ourselves, experiment. It allows us the space to delegate responsibility, balance priorities, cultivate and find support

systems and rely on them.

We are on a marathon, not a sprint.

This year's theme, "Balance for a Better Legal Profession," is a reminder to you that you are not in this alone. The CBA is here, and has always been here, to be that support system. To help you balance your obligations so that you can be excellent, not perfect, lawyers.

The CBA already has programs designed to make being a lawyer easier, and this year we are going to work to develop more of those programs, along with more programs that address well-being, succession planning, professional coaching, traveling, pro bono and, of course, CLEs.

And most importantly, we are going to continue to support you and guide you.

To kick off this year—this season where we will focus on you, and getting you back into balance—I have asked my cousin's daughter Shayy, who knows something about uplifting people, to close out this lunch ceremony with an inspiring song. The song she will sing, called "Rise Up," by Andra Day, helped Shayy become famous on the show *American Idol*. Many of you will relate to Shayy's story, and the song.

I hope this song serves as a reminder to all of you out there that the balance you are trying to achieve, you cannot achieve alone. When you feel broken down and tired, we are here.

We believe in you.

And we, as a Bar Association, will "rise up" to help you achieve your goals.