

Mindfulness in Negotiation Class

Katrina Lee

The Ohio State University Moritz College of Law

April 29, 2022 | ABA DR Spring Conference

3-minute mindfulness meditation

- Beginning of class
- 2-3 weeks into the semester
- Many, many free mindfulness resources
- Here's one I use:
 - <https://www.uclahealth.org/marc/mindful-meditations> - UCLA Mindful Awareness Research Center site

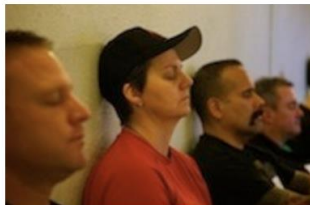
How Mindfulness Can Defeat Racial Bias



There might be a solution to implicit racial bias, argues **Rhonda Magee**: cultivating moment-to-moment awareness of thoughts, feelings, and surroundings.

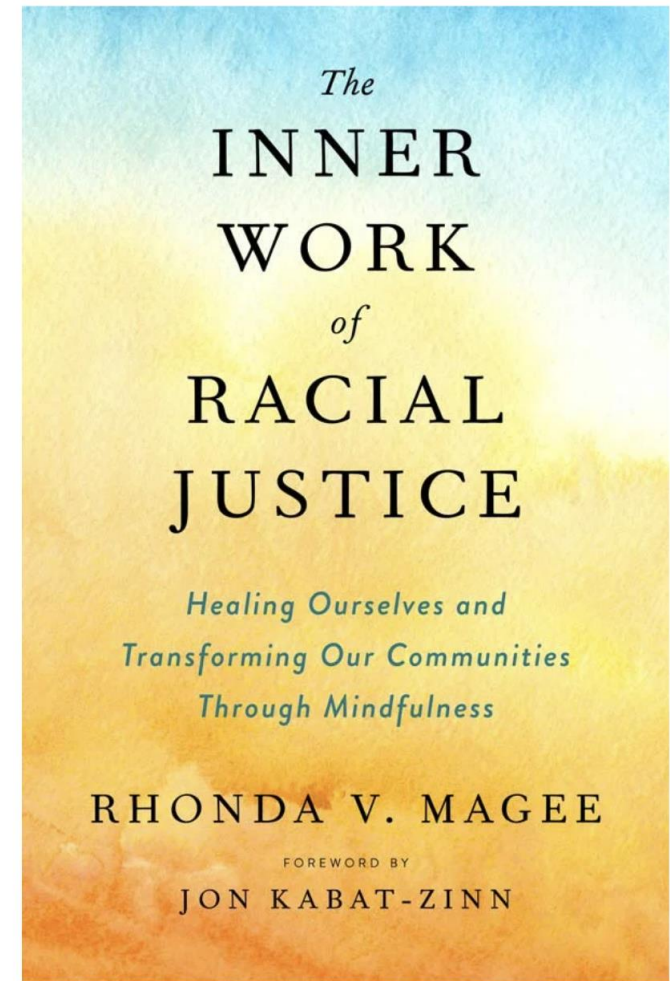
BY **RHONDA MAGEE** | MAY 14, 2015

*This article is the third **in a series** exploring the effects that unconscious racial biases have on the criminal justice system in the United States.*



When I was promoted to tenured full professor, the dean of my law school kindly had flowers sent to me at my home in Pacific Heights, an overpriced San Francisco neighborhood almost devoid of black residents. I opened the door to find a tall, young, African-American deliveryman who announced,

https://greatergood.berkeley.edu/article/item/how_mindfulness_can_defeat_racial_bias



<https://www.rhondavmagee.com/>

A Call for Law Schools to Link the Curricular Trends of Legal Tech and Mindfulness

University of Toledo Law Review, Vol. 48, No. 55, 2016

Ohio State Public Law Working Paper No. 389

31 Pages • Posted: 20 Mar 2017

[Katrina Lee](#)

The Ohio State University Moritz College of Law

Date Written: March 20, 2017

Abstract

Mindfulness and legal technology are both trending in legal education. Their increasing presence in law school curricula reflect laudable efforts to better prepare students for the realities of law practice. These two legal education trends, however, have evolved largely separately. This article proposes that law schools link legal technology education with mindfulness training. A holistic approach to two of the newest trends in legal education – legal technology and legal technology – will help address a more balanced, more comprehensive

https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2937721

The Contemplative Lawyer: On the Potential Contributions of Mindfulness Meditation to Law Students, Lawyers, and Their Clients

[Leonard L. Riskin, University of Florida Levin College of Law](#)

[Follow](#)

Document Type

Article

Publication Date

Spring 2002

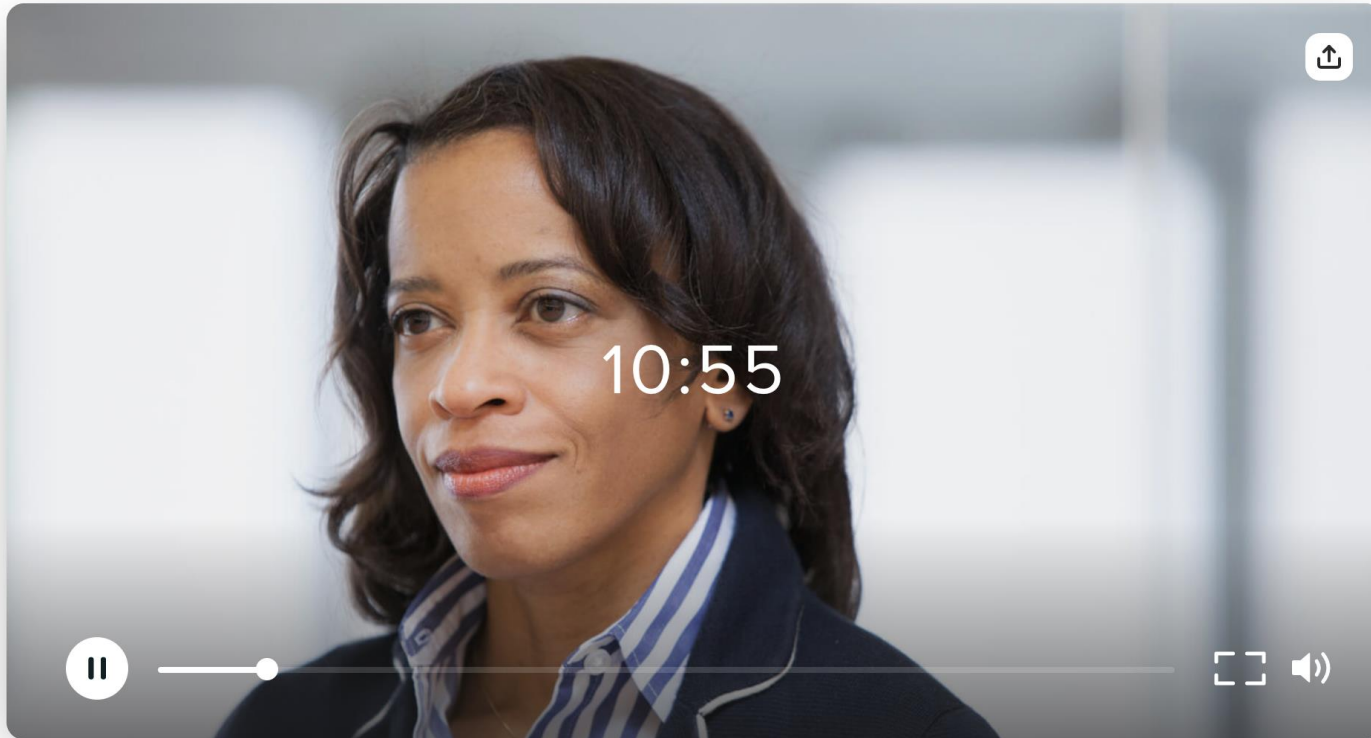
OCLC FAST subject heading

Dispute resolution (Law)

Abstract

This Article proposes that introducing mindfulness meditation into the legal profession may improve practitioners' well-being and performance and weaken the dominance of adversarial mind-sets. By enabling some lawyers to make more room for - and act from - broader and deeper perspectives, mindfulness can help lawyers provide more appropriate service (especially through better listening and negotiation) and gain more personal satisfaction from their work.

<https://scholarship.law.ufl.edu/facultypub/420/>



Guided Meditation: Simple Sitting Practice

by Rhonda V. Magee J.D. M.A.

<https://insighttimer.com/rhondamagee/guided-meditations/guided-meditation-simple-sitting-practice>

SIMPLE SITTING PRACTICE

Thank you

@katrinajunelee

katrinallee@osu.edu

