



Keep Calm and Carry On: Building Resilience and Practicing Well-Being in the Midst of Global Challenge and Change

Monday, November 17, 2025 | 12:00 p.m. – 2:00 p.m.

Zoom Meeting

This CLE program will explore four concepts: 1) What is VUCA (volatile, uncertain, complex, ambiguous) environment and what impact does it have on our lives and the practice of law; 2) What does it mean to “develop” resilience and to “practice” well-being as a lawyer and in the legal profession; 3) How can resilience and well-being inform our ethical practices and increase civility and professionalism within the practice of law; and 4) What evidence-based practices and strategies can participants implement as part of a personal and professional well-being plan.

Topics include:

- What is “VUCA” and why does it matter in relation to the practice of law?
- What is resilience, why does it matter for lawyers, and what are the ethical implications of it?
- What is well-being, why does it matter for lawyers, and what are the ethical implications of it??
- What matters most about well-being in the practice of law, and how can well-being improve professionalism and civility in the practice of law?
- How can we integrate these concepts to flourish in our lives in the legal profession?

Faculty: Cedric Ashley, J.D., M.Div., M.A. ACC, Founder/Principal of Cedashco, Inc.

CLE Credit: NJ: 2.4 ethics | NY: 2.0 ethics | PA: 2.0 ethics

Registration Fee: \$50

Format: Zoom Webinar, alternative, verifiable, live webinar/webconference with synchronous interactivity.

Register at rutgerscle.com

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Rutgers Law School is an approved New Jersey (418) and Pennsylvania (824) continuing legal education provider. In addition, this program qualifies for New York CLE credit pursuant to the [Approved Jurisdiction policy](#). If you are seeking CLE credit, you must attend, complete an attendance form and evaluation, and have paid the applicable CLE fee.

NJ CLE Information: This program has been approved by the Board on Continuing Legal Education of the Supreme Court of New Jersey for 2.4 hours of total CLE credit. Of those, 2.4 qualify as hours of credit for ethics/professionalism.

NY CLE Information: This non-transitional continuing legal education program qualifies for a maximum of 2.0 credit hours, which can be applied toward the Ethics and Professionalism requirement. New York attorneys must view the entire program to receive CLE credit (no partial credit allowed).

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Attendance Reporting: During the program, several codes will be announced at random intervals. Keep track of these codes, which you will need to confirm your attendance. A link to an attendance and evaluation form will be provided at the end of the webinar or upon request by email.

Rutgers Law School will email applicable certificates of attendance for New Jersey and New York attorneys and submit attendance for Pennsylvania attorneys within 30 days of the program.

CLE Materials: Thorough, high-quality, and carefully written materials shall be distributed to all attendees electronically before or at the program.

Format: Zoom meeting, alternative, verifiable, live simultaneous transmission (webinar/webconference) with synchronous interactivity (questions allowed during program).

Accessibility: We strive to make our programs accessible to all registrants. Contact us should you have an accessibility need. If you encounter any issues while attending our events, please contact us at ipe@law.rutgers.edu or at 973-353-5928 to request assistance.

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