



7TH ANNUAL
Employee Wellness Summit
For Legal Professionals

 **MOMENTUM**
Events

 **March 3-4, 2026** |  **Hotel Alba, Tampa, FL**

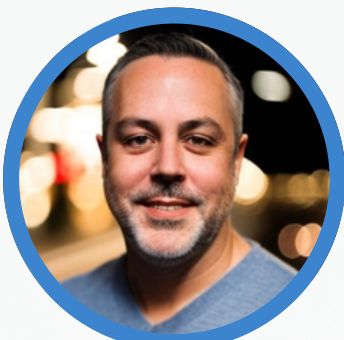
Cultivate Mental Health in Your Law Firm



Jessica Blaemire
Senior Legal Analyst, Litigation
BLOOMBERG INDUSTRY GROUP



Jeannette Boot
Partner
WILMERHALE



Thomas Adrian
Senior Director, Human Resources
SHEPPARD MULLIN



Sheila Turybury
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Rachael Flanagan
Associate Attorney
COHEN MILSTEIN



Michelle Gomez
Sr. Director - Engagement & Development
LITTLER MENDELSON PC



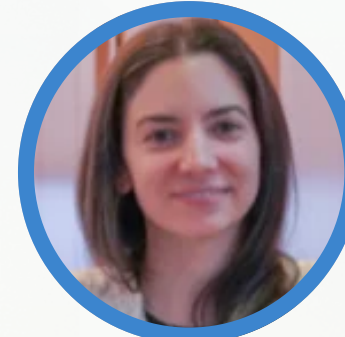
Sherri-Ann Grant-Clarke
Attorney | Member of the Florida Bar's Mental Health & Wellness of Florida Lawyers Committee
VICTOR, SHAW & MCCUE



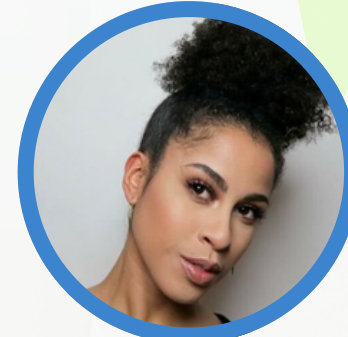
Erin McClernon
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Jennifer Sachs
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Director of Wellbeing
O'MELVENY



Alicia Archer
Master Trainer
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Clinical Director of Employer Services
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Amy Hancock
Chief Legal Talent Officer
GRAY REED



Mina Simhai
Director of Wellbeing
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Janine Pollack
Member
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Amanda Smith
Partner & Chief Engagement Officer
MORGAN, LEWIS & BOCKIUS



Kavi Misri
CEO & Founder
HIBISCUS HEALTH



Professor Rosario Lozada
Director of Well-Being in Law, Law Professor, Mindfulness Facilitator
FLORIDA INTERNATIONAL UNIVERSITY- COLLEGE OF LAW



Kate McAllister
Chief Commercial Officer
HIBISCUS HEALTH



Jonathan Cohen
Associate General Counsel & Founder of Inside the Inspired
PNY TECHNOLOGIES



Joe Malzacher
Partner
THE BALDWIN GROUP



Lee Ashby Rogers
Director of Inclusion & Engagement
BASS BERRY & SIMS



Dr. Jason Phillips, LCSW, DSW
Psychotherapist
REVIVE



Johnna Story
Director of Professional Development and Well-Being
FINNEGAN, HENDERSON, FARABOW, GARRETT & DUNNER

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Employee Wellness Summit

For Legal Professionals



 **March 3-4, 2026** |  **Hotel Alba, Tampa, FL**

TOP REASONS TO ATTEND:

-  **Learn how to build an effective and sustainable wellness program**
-  **Identify and understand the latest incentives and opportunities helping to motivate, attract and retain lawyers**
-  **Benchmark your current wellness program against that of your peers**
-  **Identify and prevent key behaviors that lead to burnout**
-  **Explore and understand the latest mental health initiatives impacting the industry, including acknowledging and destigmatizing ADHD and neurodivergent behavior**

JOIN THE 7TH EMPLOYEE WELLNESS SUMMIT

The legal profession is at a crossroads. Rising burnout, shifting cultural expectations, and the relentless pace of change have made one thing clear: wellness is no longer a “nice to have”—it’s a strategic imperative.

That’s why I’m thrilled to invite you to the 7th Employee Wellness for Legal Professionals Summit. This isn’t just another conference. It’s a movement. A space where legal leaders, HR professionals, wellness advocates, and firm decision-makers come together to tackle the real challenges facing our industry—and build solutions that actually work.

This year’s program is our most ambitious yet. We’re diving deep into the emotional toll of legal work, rethinking the billable hour, exploring inclusive wellness strategies, and confronting the cultural contradictions that quietly sabotage progress. You’ll hear from trailblazers who’ve transformed their firms, learn how to measure impact (even without a data team), and walk away with practical tools you can implement immediately—whether you’re working with a robust budget or just starting out.

Let’s build a healthier, more sustainable legal culture. Together.



Ashley Csaki
Director, Content & Experience
Momentum Events



<https://employeewellnesssummit.com/>

REGISTER TODAY



7TH ANNUAL

MOMENTUM
Events

Employee Wellness Summit

For Legal Professionals

 **March 3-4, 2026** |  **Hotel Alba, Tampa, FL**

DAY ONE | MARCH 3, 2026

9:00 AM

Opening Remarks



Ashley Csaki

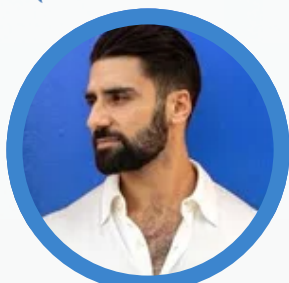
Director of Content & Experience

Momentum Events

9:20 AM

Spotlight Address: The Invisible Weight: Breaking Limiting Beliefs and Internal Barriers that Undermine Peak Performance

-  Examine how perfectionism, procrastination, and imposter syndrome quietly surface in legal work
-  Understand the hidden impact of internal barriers on focus, motivation, and long-term well-being
-  Learn practical, evidence-based tools to identify and challenge limiting beliefs in real time



Jonathan Cohen

Associate General Counsel | Founder of Inside the Inspired

PNY Technologies

9:50 AM

State of Mind- The Evolving Landscape of Lawyer Wellbeing

-  The latest research on lawyer burnout, engagement and retention
-  The business case for wellness- linking culture to profitability and talent success
-  What's next: leadership accountability, hybrid challenges, the future of billable hours



Rachael Flanagan

Associate Attorney | Member of the Florida Bar's Mental Health & Wellness of Florida Lawyers Committee

Cohen Milstein



Sherri-Ann Grant-Clarke

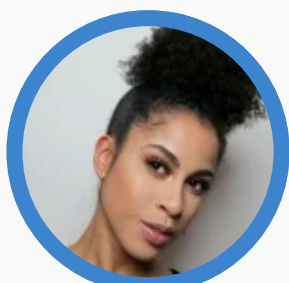
Attorney | Member of the Florida Bar's Mental Health & Wellness of Florida Lawyers Committee

BakerHostetler

10:40 AM

STRETCHIT Live - Unlocking Energy and Flexibility at Work and in Life

Enjoy this unique opportunity to join a master trainer from wellness app STRETCHIT for an interactive energizing session that explores both theory and practice.



Alicia Archer

Master Trainer

STRETCHIT

11:00 AM

Mental Health Break

11:10 AM

From Policy to Practice: Embedding Wellness into the DNA of Law Firm Culture

-  Successfully transitioning your program from reactive to proactive
-  How data, pilot programs, peer benchmarking and senior champions can help connect wellness to your firm's priorities



Jeannette Boot

Partner

WilmerHale



Erin McClernon

Attorney Development Manager, Well-Being Working Group Chair

Ogletree Deakins



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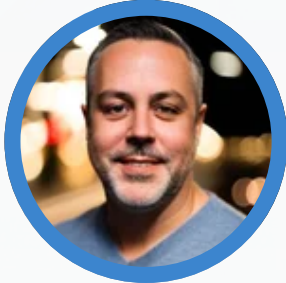
For Legal Professionals

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DAY ONE | MARCH 3, 2026

11:55 AM Turning Strategy to Action- Real-World Tactics for Unlocking Participation and Driving Engagement

-  Simplifying access points and auditing how wellness offerings are being found and used
-  Applying targeted communication and incentive strategies that drive participation
-  Leveraging data and feedback loops to continuously improve uptake and outcomes



Thomas Adrian

Senior Director, Human Resources
Sheppard Mullin



Janine Pollack

Member
Hecht Partners LLP

12:40 PM Networking Luncheon

2:00 PM From Playbook to Performance: Building a Custom Wellness System that Actually Works



Sheila Turybury

Chief People Officer
Baker Donelson



Jennifer Sachs

Vice President of
Employer Services
Intent Clinical



Athea Long, LCSW

Clinical Director of
Employer Services
Intent Clinical

2:50 PM ET Choose Your Own Adventure: Hot Topic Breakouts

2:50 PM Breakout 1: Holding Space: Managing Compassion Fatigue and Building a Trauma- Informed Wellness Program



Johnna Story
Director of Professional Development
& Well-Being
Finnegan, Henderson, Farabow, Garrett & Dunner



Professor Rosario Lozada
Director of Well-Being in Law, Law
Professor, Mindfulness Facilitator
Florida International University- College of Law

2:50 PM Breakout 2: The Future of Belonging: What Does Inclusive Wellness Look Like?



Lee Ashby Rogers
Director of Inclusion & Engagement
Bass Berry + Sims

3:35 PM Mental Health Break

3:50 PM Breakout 3: Benchmarking for Wellness Success: What Metrics Matter, and How to Measure Impact Effectively



Jennifer Sachs
Vice President of Employer Services
Intent Clinical

3:50 PM Breakout 4: Bridging the Gap: Navigating Generational Expectations in an Evolving Legal Workplace



Sherri-Ann Grant-Clarke
Attorney | Member of the Florida Bar's Mental Health & Wellness of Florida Lawyers Committee
BakerHostetler

4:35 PM End of Day One

4:35 - 5:30 PM Networking Happy Hour



<https://employeehealthsummit.com/>

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DAY TWO | MARCH 4, 2026

8:00 AM **Registration and Breakfast**

9:00 AM **Welcome Back, Opening Remarks for Day 2**



Ashley Csaki

Director of Content & Experience

Momentum Events

9:05 AM **Blueprints for Wellness: A Fireside Chat with Today's Top Legal Wellness Leaders**



What defines a successful wellness program in the legal profession today

Common pitfalls and how top firms have avoided or navigated the

Examples of high-impact, replicable wellness initiatives

MODERATOR



Dr. Jason Phillips, LCSW, DSW

Psychotherapist

Revive



Mina Simhai

Director of Wellbeing

Akin Gump



Amanda Smith

Partner & Chief Engagement Officer

Morgan Lewis & Bockius



Christina McCarthy

Director of Wellbeing

O'Melveny

9:55 AM **Wellness in Action: High-Impact Strategies on a Shoestring Budget**



Launching grassroots wellness initiatives that cost little but deliver big

Maximizing existing resources and relationships to benefit your well-being efforts

Exploring low-budget, cost friendly wellness tools and resources

MODERATOR



Jessica Blaemire

Senior Legal Analyst, Litigation

Bloomberg Industry Group



Michelle Gomez

Sr. Director - Engagement & Development

Littler Mendelson PC



Amy Hancock

Chief Legal Talent Officer

Gray Reed

10:45 AM **Mental Health Break**



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DAY TWO | MARCH 4, 2026

11:00 AM

Blind Spots in Wellness: What's Quietly Undermining your Program?

-  Time pressure meets life pressure- specifically in regards to family planning, maternity leave, caregiving and fertility treatment
-  Navigating "if you're not advancing, you're falling behind" culture and the downfalls of "Partner track"
-  Overcoming "availability as value" and "overwork as heroism" practices



Johnna Story

Director of Professional Development
& Well-Being

Finnegan, Henderson, Farabow, Garrett &
Dunner



Kimberly Wolf Price, Esq.

Chief Operating Officer

Bond, Schoeneck & King

11:50 AM

From Insight to Impact: The Next Chapter of Law Firm Wellbeing

As wellbeing in the legal profession evolves, this closing session brings together diverse perspectives from a Benefits expert and wellness innovator to reflect on the conference's insights and what comes next. Panelists will explore practical strategies for embedding wellbeing into firm culture, elevating preventive care, and aligning wellness with recruitment, retention, and performance priorities.

MODERATOR



Kate McAllister

Chief Commercial Officer

Hibiscus Health



Kavi Misri

CEO & Founder

Hibiscus Health



Joe Malzacher

Partner

The Baldwin Group

12:35 PM

End of the Conference, See You in 2027!

WHY SPONSOR?

Sponsoring the Employee Wellness Summit for Legal Professionals is a strategic opportunity to align your brand with the urgent movement toward healthier, more sustainable workplaces in the legal industry. This high-impact event brings together decision-makers from top law firms and corporate legal departments who are actively seeking innovative wellness solutions.

LET'S TALK!

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Frank Fernandez

Sponsorship Sales Director

frank@momentumevents.com



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For Legal Professionals



March 3-4, 2026



Hotel Alba, Tampa, FL

PRICING

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Register after 2/13/2026

\$1695.00

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Vendors (Health Insurance Companies, Corporate/Employee Benefits, Wellness Companies & Consultants)

STANDARD

Register after 2/13/2026

\$2995.00

REGISTER NOW

VENUE

HOTEL ALBA

**5303 W Kennedy Blvd
Tampa, FL, 33609, US**

We're only minutes from the nation's #1 airport and just a short drive from everything that makes Tampa unique and an exciting place to visit lately, and of course, enjoy our famously incredible weather.

Book Your Room



<https://employeewellnesssummit.com/>

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