



# The Compassionate Law Project

Human-centered leadership for law students, lawyers, and judges

*We develop leaders across the legal profession who hold authority with humanity—protecting well-being, strengthening decisions, and building healthier cultures in courtrooms and legal workplaces.*

## WHAT YOU'LL GAIN

- ✓ **Lead with presence**—hold authority without hardness, even in high-stakes moments
- ✓ **Sharpen decision quality** under pressure through evidence-based practices
- ✓ **Protect your well-being** and reduce isolation in demanding roles
- ✓ **Build institutional trust** through dignity, accountability, and repair
- ✓ **Gain practical micro-practices** that fit real legal schedules

## WHO WE SERVE

Courts & Judges

Law Firms

Legal Aid Organizations

Law Schools

Government Agencies

## FEATURED TOPICS

### ★ Professional PPE for the Human Cost of Legal Work

Why well-being is a core competence. Tools for staying open, steady, and effective in adversarial environments.

### ★ Attention and Noticing Under Pressure

The science of attention in high-stakes settings. Micro-resets between hearings, meetings, or client calls.

### ★ Self-Compassion and the Inner Critic

Sustainable resilience without self-judgment. Practices that fit real legal schedules.

### ★ Triggers, Conflict, and Emotional Agility

Moving from reactivity to purposeful response. De-escalation and repair without losing authority.

### ★ Culture Change for Legal Systems

Leadership habits that reduce burnout, improve retention, and build dignity-centered workplaces.

## FORMATS

**60–  
90m**  
KEYNOTE

**2–3 hrs**  
WORKSHOP

**½–Full**  
DAY

**Multi**  
DAY  
RETREAT

**Vivek Sankaran · Bridgette Carr · Rick Barinbaum**

vivekssankaran@gmail.com | compassionatelawproject.com

Educational programming only; not therapy or legal advice.