

The W.E.L.L. Summit – Women Empowering Leadership in the Law
Friday, April 10, 2026 from 9 to 4 at Travis County Civil and Family Courts Facility
Social Hour (4 to 5pm) to Follow at CFCF

SURVIVING AND THRIVING:
WEATHERIZING YOUR PROFESSIONAL AND PERSONAL LIFE FROM THE STORM

- 8:45 - 9:00** **Sign-in (required for CLE credit) & breakfast snacks**
- 9:00 - 9:10** Introduction & Objectives
Judge Sherine Thomas, Travis County 353rd Dist. Court
- 9:10 - 9:55** ***Leading Through Pressure: Resilience Strategies for Lawyers (.75 Legal Ethics & Professional Responsibility)***
Mindy Gulati, Founder and CEO, Fundamental Advisory
- The legal profession is facing unprecedented demands, from rising client expectations and technological disruption to increasing pressure on lawyer well-being. In this session, attorney and leadership advisor Mindy Gulati explores why resilience has become one of the most critical leadership capabilities in modern law practice. Participants will learn how resilient leaders navigate uncertainty, regulate pressure, and create healthier, higher-performing teams. Through practical insights and reflection, attendees will leave with actionable strategies to strengthen their own resilience and improve their delivery of legal services in today's evolving legal landscape.
- 9:55 - 10:40** ***The Science of Stress and Its Unique Impact on Lawyers (.75 Legal Ethics & Professional Responsibility)***
The Hidden Case Your Body Is Building Against You
How Chronic Stress Hijacks Women's Hormones — and the Evidence-Based Path to Reclaiming Your Energy, Focus & Health
Lauren Colletti, FNP, Clinical Director, Alive and Well
- 10:40 - 10:55** Small group activity
- 11:15 - 12:00** ***Not a Syndrome, But a Symptom: Dismantling Imposter Phenomenon, Perfectionism and Other Hurdles***
Lindsay Golford Gray, CEO & Founder, Catalyst Advisory

A discussion of imposter phenomenon, perfectionism, and other hurdles, including what feeds them, how they shape our behavior, and the tools we can use to navigate an imperfect environment and move our individual and collective dreams forward.

12:00 - 1:00 Lunch

KEYNOTE: Weathering the Storm as Lawyers (1.00 Legal Ethics & Professional Responsibility)

Judge Denise Hernandez, Travis County Court at Law No. 6

Attorneys in today's changing legal landscape are facing increasing challenges to maintaining a healthy and quality law practice. Judge Hernandez will discuss the new and unprecedented demands facing attorneys today and strategies for attorneys to prosper and continue to provide competent legal services that meet these demands while maintaining a life balance.

1:00 - 1:15 TCWLA presents scholarship recipients

1:15 - 1:30 Break

1:30 - 2:15 *Practical Tips and Habits to Weatherize your Practice from Grievances (.75 CLE Legal Skills and Techniques)*

Amanda Kates, Office of Chief Disciplinary Counsel

Brad Johnson, Texas Center for Legal Ethics

2:15 - 3:00 *When the Counselor Becomes the Caregiver: Legal Planning for Aging Parents and Ourselves (.75 CLE Legal Skills and Techniques)*

Moderator: Melissa Pina, Cadence Bank, part of Huntington National Bank

Panelists:

Lindsey Drake, Drake Law

Neha Paymaster, Eccles & McIntosh PC

Meredith Sullivan, Farrell & Johnson PLLC

Panel will discuss the legal considerations for preparing for the next phase of our lives. We counsel clients through life's hardest transitions, but how prepared are we for our own? This high-level discussion examines the law and strategies regarding Medicaid, guardianship frameworks, and proactive solo aging for women attorneys balancing professional leadership with personal caregiving responsibilities.

3:00 - 4:00 *Judges Panel: How does the Rule of Law survive the storm? The Role of Judges and Lawyers in Protecting the Judicial System (.75 CLE Legal Skills and Techniques)*

Moderator: Judge Elect Leslie Dippel, Travis County Court at Law No. 2

Panelists:

Chief Justice Darlene Byrne, Texas 3rd Court of Appeals

Judge Jan Soifer, Travis County 345th Dist. Court

Judge Catherine Mauzy, Travis County 419th Dist. Court

A panel discussion of the role of judges and lawyers in upholding the judicial system and the rule of law in light of Judicial Canons and Texas Disciplinary Rules of Professional Conduct.

4:00 - 5:00 **Reception on 12th Floor**