

2026 KC MBA Well-Being Summit



A Virtual Event

Friday, October 2, 2026

8:30 AM – 12:00 PM

Preregistration required

CLE CREDIT

MO – 3.0 Ethics

KS – pending

COST

FREE to
KC MBA Members
\$215 - Non-Members

Schedule

8:30 AM	Pre-Summit Desk Yoga <i>Hon. Michelle L. Cocayne, 16th Judicial Circuit Court of Missouri, Jackson County</i>
8:55 AM	Welcome <i>Stacey Janssen, KC MBA President Janssen Estate, Probate and Elder Law</i>
9:00 AM	Report on the MoBar Well-Being Survey <i>Athena Dickson, MoBar Immediate Past President, Siro Smith Dickson PC</i>
9:50 AM	Focus and Digital Detox for Healthy Lawyering <i>Jeff Schoenberger, Affinity Consulting Group LLC</i>
10:40 AM	The Arts and Lawyer Well-Being <i>Kristy Lambert Hon. Janette Rodecap, 16th Judicial Circuit Court of Missouri, Jackson County</i>
11:00 AM	Break
11:10 AM	Preventing Burnout: Setting Boundaries and Creating Work-Life Balance <i>Emily Hartz, Kansas Lawyers Assistance Program</i>
12:10 PM	Closing Remarks <i>Amy Coopman, Bridge Mediation LLC Mark Molner, Evans & Mullinix, PA</i>

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- Online at kcmba.org
- Mail completed registration form with payment to:
KCMBA, 2300 Main St., Suite 100, Kansas City, MO 64111
- Fax: (816) 474-0103
- Call (816) 474-4322

REGISTRATION**Please print clearly**

Name: _____ Email: _____

Firm Name: _____ Phone: _____

Address: _____

PAYMENT INFORMATION

Cost: FREE to KCMBA Members | \$215 for Non-Members

Total Payment: \$ _____

Check No. _____ [OR] ☐ Mastercard ☐ Visa ☐ Discover ☐ American Express**Please make checks payable to KCMBA**

Credit Card Number: _____ Exp. Date: _____ CVV: _____

Cardholder's Name: _____ Cardholder's Signature: _____

☐ Please invoice firm