

LEADERSHIP COUNCIL ON LEGAL DIVERSITY

Partner in Diversity

JEENA CHO

Lawyer, Author, and Mindfulness Instructor



JEENA CHO's reputation is built on her ability to make mindfulness and meditation accessible and approachable to lawyers with honesty, warmth, and humor. She is a lawyer who is intimately familiar with the high demands and stress lawyers face day-to-day. She has the ability to inspire audiences and leave them with actionable change strategies.

She is the co-author of the best-selling book, *The Anxious Lawyer, An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation* (ABA).

As a child immigrant, she always felt pulled toward social justice and a deep desire to serve her community. She started her career as an Assistant State Attorney at the State Attorney's Office 13th Judicial Circuit, where she handled domestic violence and misdemeanor cases. During that time, she tried over twenty jury trials and hundreds of bench trials. Wanting to make a more significant impact, she switched practice areas and started a consumer bankruptcy law practice in San Francisco. She helped everyday people and small businesses find solutions to overwhelming debt problems.

She is a consultant and a coach that teaches mindfulness and meditation to lawyers. She regularly works with lawyers on reframing hindering thought patterns, wellness, self-care, and mindfulness. She also works with lawyers and law firms on stress management, work-life balance, career transition, increasing productivity, and overall wellness. Jeena started her meditation practice at the Himalayan Institute in Buffalo, NY. She has completed several classes in Mindfulness and Compassion Cultivation Training at several institutions, including Stanford University. She has attended numerous retreats on mindfulness at organizations including the Spirit Rock, Insight Retreat Center, and the San Francisco Zen Center. She has completed the teacher training practicum for Mindfulness-Based Stress Reduction (MBSR). She graduated from the Coaching for Life and Work Certificate Program at UC Davis.

She is a monthly well-being contributor to the ABA Journal. She has also written for Above the Law, Forbes, Bloomberg, Lawyerist, Ms. JD, and Huffington Post. She's been interviewed on CNN, O, The Oprah Magazine, Women's Health, MSNBC, and Wall Street Journal. Jeena is the author of the LexisNexis guide How to Manage Your Law Office. She wrote about starting, growing, and managing a solo practice, including topics ranging from marketing to virtual law practice to social media. She holds a J.D. and B.A. from University at Buffalo.



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