

August 25, 2020 Brown Bag Presentation



**You Are Not Alone:
Practicing Empathy in the COVID Era
Presented by Ana Fatima Costa**

Owning our feelings and needs empowers us to handle any challenge life throws at us. Ana will share scientifically-proven processes that provide clarity and direction to help us connect with others and manage the myriad challenges we are confronting in the "new normal."

Tuesday, August 25, 2020 from 12:30 to 1:30 pm
Live Webinar

RSVP (state which date) to: Francie Skaggs – francieskaggs@gmail.com by 10:00 a.m. day of the webinar. **A link to access this virtual meeting will be sent the morning of the webinar.**

This event is open to anyone in the legal industry. Feel free to share with your colleagues and friends. Attendees are encouraged to bring your lunch and enjoy the presentation.



Ana Fatima Costa
Coach, Speaker, Author

About the Speaker:

Ana is a certified coach, speaker, author, and subject matter expert in the field of court reporting who utilizes the skills and expertise gained through her cumulative 40 years' work and coaching experience to provide consulting services to organizations and individuals in the legal profession.

Her background includes freelance shorthand reporter, manager of the San Francisco office of a global court reporting agency, sales account executive for two reporting agencies, litigation secretary, and office administrator for a forensic psychiatrist / expert witness.

Her presentations include informing attorneys and staff about the ethics of court reporting, as well as experiential workshops of scientifically-proven tools participants can use to transform internal and external conflict into clarity, harmony, and connection by naming their feelings and needs.

Her articles about a variety of topics have been published in the Bar Association of San Francisco's print newsletter, *Bulletin* (and its *Legal by the Bay* blog page); San Francisco Trial Lawyers Association's *The Trial Lawyer* magazine; Legal Secretaries, Inc.'s *The Legal Secretary* magazine; and California Court Reporters Association's *CCRA Online* e-zine. Several articles have been republished or shared in other legal magazines and on National Court Reporters Association's online journal, TheJCR.com.