



2021 NCBA Paralegal Division Annual Meeting

Monday, September 13, 2021
Rebroadcast

North Carolina: 6.00 CPE Hours

Includes:

1.00 Ethics/Professional Responsibility

Planned by the NCBA Paralegal Division

This program explores the impact of the COVID-19 pandemic on paralegals and provides opportunities to grow and update your professional knowledge in your field. Learn from some of North Carolina's top legal professionals on a variety of topics designed to deepen your knowledge, enhance your skills and energize your career.

Hear from the North Carolina Industrial Commission regarding updates to workers' compensation law and its transition to virtual hearings. Learn tips and tricks for updating your resume, job searching and interviewing during the pandemic. Receive the latest notary and e-notary news and updates from the North Carolina Department of the Secretary of State. Learn about indicators for and consequences of stress during the workday, explore hot topics in electronic discovery, and examine mindfulness techniques to create and foster a positive work-life balance.

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8:55 AM–3:50 PM

8:55 **Welcome and Introductions**

9:00 **Workers' Compensation: Virtual Updates by the NCIC** | Tillman

Hear about the transition to virtual hearings before the North Carolina Industrial Commission during the COVID-19 pandemic.

9:52 **Job Searching During the Pandemic and What You Need to Know** | Green

Learn tips for searching for a job during the pandemic and what paralegals need to know about interviewing, drafting a resume and employer expectations.

10:53 **Break**

11:03 **Notary Updates by the North Carolina Secretary of State's Office** | Stallworth

Review the most recent changes for North Carolina notaries during the COVID-19 pandemic.

12:04 **Lunch Break**

12:34 **From Chaos to Calm: Building Resilience at Work and in Life** | Gentile

Gain an understanding of the indicators and consequences of stress during the paralegal workday. Explore and learn about the pillars of resilience unique to our professional needs.

1:39 **Hot Topics in E-discovery** | Beeler

Examine what electronic discovery (e-discovery) is and how it interacts with your daily work and explore recent changes and hot topics.

2:37 **Break**

2:47 **Breathe: Put Your Own Oxygen Mask on First*** Byers

Examine how we as paralegals can practice and perfect mindfulness techniques to improve focus, efficiency and effectiveness to establish a good work-life balance.

3:50 **Adjourn**

Speakers

- **Deputy Commissioner Jesse M. Tillman**, North Carolina Industrial Commission, Raleigh
- **Debbie Beeler**, Consilio LLC, Nashville, TN
- **Colleen L. Byers**, Bell Davis & Pitt PA, Winston-Salem
- **Annelies M. Gentile**, Conduit for Change LLC, Raleigh
- **Nicole "Nikki" Green**, Ave Staffing, Raleigh
- **Ozie Stallworth**, North Carolina Department of the Secretary of State, Raleigh

Planners

- **Stephanie B. Elliott**, Wells Fargo, Charlotte
- **Melissa Stockley Jones**, UNC Health (Rex Hospital), Raleigh
- **Leslie Pegram**, UNC Health, Chapel Hill

The views and opinions expressed are those of the individuals and do not necessarily represent official policy, position or views of the North Carolina Bar Association.

* Indicates portion providing Ethics/Professional Responsibility credit