



PROGRAM ANNOUNCEMENT

The Advocacy Institute Is Pleased to Present

How to Manage Distractions and Achieve Digital Detox in an Age of Information Overload

**April 28, 2025
1:00 p.m. – 2:15 p.m.**

WEBINAR

Program Summary

Lawyers today are constantly distracted by technology, connectivity, and information overload. These physical and digital distractions cause very smart people to underperform and contribute to anxiety and inability to focus. In this interactive session, students will learn how to build healthy boundaries with technology, how to better unplug/disconnect and take control of technology instead of it controlling them. The presenter will teach distraction management techniques and a practical time management methodology that enables students to regain control of their day. Bring a laptop and smartphone and be prepared learn how Microsoft Outlook and other tools can actually help you achieve focus during the day.

Eligibility

This program is open to attorneys and support staff in the Department of Law and Public Safety and county prosecutors' offices.

Faculty

Paul Unger is one of the founding partners at Affinity Consulting Group. He is a national speaker and author who coaches lawyers on how to be more efficient with time management. Mr. Unger specializes in taming digital chaos and helping people to become more organized and focused. He also conducts technology assessments throughout the United States and Canada. Mr. Unger is an attorney who specialized in litigation and bankruptcy before starting a legal technology consulting company with partner Barron Henley in 2000. He began his career working for the Governor of Ohio. He holds an undergraduate degree in Political Science and Law from Capital University and a J.D. from Capital University Law School in Columbus, Ohio.

CLE Credit

NJ CLE Credit: This program has been approved by the Board on Continuing Legal Education of the Supreme Court of New Jersey for 1.5 hours of total CLE credit. Of these, 0.0 qualify as hours of credit for ethics/professionalism.

Registration

Those who are eligible to apply should use the Zoom Webinar registration link in the Program Announcement email. Students who are registered will receive a confirmation email with a link to access the program.

Students must download Zoom before the webinar in order for the AGAI to record polling responses that are required for attendance verification and CLE credit.

The AGAI will be unable to verify attendance or grant CLE credit to students who have not downloaded Zoom before the webinar.