Lexlee Overton

As a fifth-generation lawyer, Lexlee Overton felt defined by that fact, as if she were raised just for it, called to fulfill it and it's meaning in her life. She wholeheartedly and successfully (so it seemed) pursued this course, that is, until one day….

She suddenly found herself in a hospital emergency room. Chest pains, fears of the worst happening to her, anxiety and stress pushing past their boundaries in the mind and emotions into her physical being. Was this situation, this stark shift from her normal, trying to tell her something? The physical pain she experienced, the unsettling anxiety attack she suffered, reflected a deeper pain that she needed to face.

Lexlee came to the realization that she was not really living her life. She was alive but not living, and in her own terms, just surviving. Barely surviving. Divorced, a single mom and… a workaholic. Successful as an attorney but her personal life was a mess. She needed answers to those questions that had not been addressed (or perhaps not even acknowledged) in pursuit of her 'calling' as a fifth-generation lawyer. The frightening trip to the ER was the wake-up call she needed. She began her search for a better path, one with answers, leading to personal fulfillment and an improved life.

In her own words…. "One of the simplest, yet most impactful, steps I took on the path to healing was to begin a meditation practice. To put it simply, everything changed. My stress levels started decreasing. I began to feel like I was the calm during any storm. I saw my life differently with the knowledge that I could draw power and strength from within, rather than outside sources or stimuli."

She began to see tangible changes. From her feeling more fulfilled, more 'in the present' and content, she found that she could make a bigger impact – with clients and her staff, which translated into greater profitability.

Join CDAM at our Summer Conference to explore with Attorney Overton the concepts of "Self-Care and Mindfulness During the Pandemic and Beyond."