



THE NATIONAL
JUDICIAL COLLEGE

Est. 1963

Mindfulness for Judges

October 12 - 15, 2026

Tuition: \$1,979
Conf. fee: \$549

Mindfulness is the practice of cultivating non-judgmental awareness in the present moment.

This four-day program is an opportunity to pause from the many complexities of being a judge and find some space to breathe and reflect. It is a practice of learning to pay attention to our thoughts, emotions, and physical sensations and acknowledging whatever is present and using that information to respond to the unfolding of our work and lives.

Understanding and practicing mindfulness will make you a better judge and a more content person. Sessions focus on topics like resiliency, practical applications for judges, breathing exercises, setting intentions, communication, listening, stress reactivity, friendships, and mindful movement and eating. While mindfulness in general is a popular way to manage stress, this course is custom-designed for the unique challenges faced by judges.

"Mindfulness for Judges is without a doubt the BEST course I have ever taken that helps me be a better judge. I have learned so much in just four days about myself, my reactions, my demeanor, and my thought process. I think this class should be required for all incoming judges new to the bench and again every 5 years or so thereafter."

-2022 Participant

More info:

judges.org/courses/mindfulness-for-judges-3/

Objectives

- Define "mindfulness";
- Describe why mindfulness is especially important for judges to employ;
- Summarize the benefits of mindfulness for both your personal and professional life; and
- Apply mindfulness to assist you in decision making.

"This class will improve your ability to conduct hearings with renewed focus, fairness and diligence. It allows you to reduce stress of the bench to be healthy and productive. Litigants, court staff and the public we serve all benefit from the practices you learn in this course."
- 2023 Participant

Established in 1963, the NJC is a nonprofit organization and the only educational institution in the U.S. that teaches judges of all types from across the 50 states, Indian Country and abroad.

Contact Us:

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