

# Ricky Polston Speaks at Florida Lawyers Assistance CLE Wellness Workshop for Lawyers

Tallahassee  
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[Ricky Polston](#), a partner in the Tallahassee office of Shutts & Bowen LLP and Chair of the firm's Constitutional Law Section, recently spoke at the Florida Lawyers Assistance CLE Wellness Workshop for Lawyers speaking about "FL Supreme Court Jurisdiction" on October 18, 2024.

The workshop featured experts discussing everything from "reducing stress to increase revenue" to "cognitive control." Sponsored by the Florida Lawyers Assistance, Inc. as "A Day of Support," the workshop was held from 12:00 – 5:00 PM. The included courses were approved for 5 CLE credits, including 2 credits for Mental Health and Wellness, and .5 credits for Substance Abuse.

## About Ricky L. Polston

[Ricky Polston](#) is a partner in the Tallahassee office of Shutts & Bowen LLP, where he is the Chair of the Constitutional Law Section and a member of the Appellate, Government Law, Insurance, and Litigation practice groups. He was a Florida Supreme Court Justice from 2008-2023, serving as Chief Justice from 2012 to 2014, and was a judge at the First District Court of Appeal from 2001-2008.

## Professionals

[Ricky L. Polston](#)

## Practice Areas

[Appellate](#)

[Constitutional Law](#)

[Insurance](#)

[Litigation](#)



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