



Law and the Good Life

How to be a Productive and Happy Attorney

SCHEDULE: Registration: 10:45 a.m. | Program: 11:00 - 12:00 p.m.
(Note: If you also registered for **Lawyer Like an Athlete**, a light lunch will be available.)

CLE CREDITS: 1.0 Ethics/Professionalism Credit (focus on attorney mental health issues - Maine Bar Rule 5(c)(1))P



PRACPRO: 1.0

Attorneys have a much higher rate of anxiety, depression, and stress than other profession. Stress among attorneys is a serious problem and can impact the attorney’s ability to sufficiently help clients. While many professional occupations come with pressure, attorneys face uncommonly tough challenges that lead to unhappiness and burnout. Stress experienced by attorneys is so far above the norm that it can only be described as “outlier stress.” This program explores how vitality, connectivity, and sustainability can counter the effects of stress.

The program begins by outlining these specific stressors cited most frequently by attorneys in the facilitator’s study:

- A sense of having no control over work/life
- Frustration with not being able to sufficiently help clients or make a difference
- Excessively demanding and often adversarial work

Vitality lays a foundation for well-being by optimizing the physical, psychological and mental resiliency integral to feeling in command – no matter what is happening externally. The focus is on:

- Thinking and behaving in ways that stimulate confidence, commitment and endurance
- Clarifying values and priorities so the most important, highest level work gets done
- Galvanizing the energy and focus for thriving in the face of unpredictable demands

Connectivity builds on vitality by enhancing alliances and creating feelings of contribution and camaraderie. Emphasis is placed on:

- Establishing satisfying client relationships despite inevitable obstacles
- Increasing personal and professional fulfillment through social involvement
- Communicating more artfully to get results more quickly

Sustainability maximizes attorney stamina in the face of monumental workloads and extraordinary expectations. The goal here is:

- Creating structures that foster smart decision-making and innovating problem-solving
- Asserting with diplomacy, whether with difficult colleagues or challenging clients
- Emulating the habits of career athletes and other peak performers – despite constant distractions, demands, and deadlines.

Presenter: Amy Wood, Psy.D., Falmouth

Program Materials: A link to program materials will be provided by email to all registrants prior to the program. Printed materials will not be available at the program.

Law and the Good Life

Name _____ Bar # _____
 Law Firm _____
 Address _____
 City _____ State _____ Zip _____
 Tel _____
 Email Address _____

REGISTRATION FEES

- Sept. 26: Cross Insurance Center, Bangor
- Oct. 4: Ramada, Saco
- Oct. 31: Hilton Garden Inn, Freeport

MSBA Member	<input type="checkbox"/>	\$50
MSBA CLE Club Member and Support Staff	<input type="checkbox"/>	\$40
Paralegals and Non-Attorney Professional	<input type="checkbox"/>	\$45
Non-Member.....	<input type="checkbox"/>	\$70
MSBA Student Member.....	<input type="checkbox"/>	\$10

HOW TO REGISTER

- Online:** 1. **LIVE PROGRAM:** Log into your website account at www.mainebar.org. If you do not know your login credentials, please call the MSBA. Accountants do not need an account to register.
2. Under **CLE/Education**, click **Register for CLE**.
3. Locate this program in the Community Calendar and click on the program to register.

Mail: Maine State Bar Association, 124 State Street, Augusta, ME 04330

Phone: 207-622-7554 | **Fax:** 207-623-0083

Email: cle@mainebar.org



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Total \$ _____	<input type="checkbox"/> Check Enclosed # _____
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<i>Registrations cannot be processed without payment by check or credit card.</i>	