



Lawyer Like an Athlete

A Unique CLE Opportunity to Up Your Game.

SCHEDULE: Registration: 12:15 p.m. | Program: 12:45 p.m. - 3:00 p.m. (schedule includes 15 min. break)

CLE CREDITS: 2.0 Ethics/Professionalism Credit (focus on attorney wellness - Maine Bar Rule 5(c)(1))



PRACPRO: 2.0

Based on the facilitator's own research, this practical seminar addresses stressors distinct to lawyering with elite approaches used by sports champions and other world-class achievers. The emphasis is on high-performance practices for building endurance, outsmarting burnout, and bringing your best self to work.

By participating in this customized professional development program, you will:

- Clarify what's vital for you to be more productive, effective, and happier.
- Learn the latest peak performance psychology tactics to enhance resilience.
- Galvanize your strengths to solve problems faster.
- Elevate your mindset with cognitive behavioral science.
- Boost your stamina and channel energy into your top priorities.
- Maintain your focus – no matter what is happening around you.
- Feel more motivated, engaged, and in command.
- Develop an actionable plan for turning new learning into the results you want.

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.

Lawyer Like an Athlete

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 \$90
 MSBA CLE Club Member and Support Staff \$50
 Paralegals and Non-Attorney Professional \$55
 Non-Member..... \$115
 MSBA Student Member..... \$15

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



Lawyer Like an Athlete: Payment Information	
Total \$ _____	<input type="checkbox"/> Check Enclosed # _____
MasterCard - VISA - Discover - AMEX	
Card # _____	
Expiration date _____	CSC Code _____
Name as it appears on card _____	
Billing address _____	
Telephone # _____	Signature _____
<i>Registrations cannot be processed without payment by check or credit card.</i>	