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.

Because of the COVID-19 pandemic, we have not been able to present this program in person. Participants will be able to listen and learn from their own device. The content is designed to be just as engaging when watching as you do in person, and we hope you will enjoy it from the comfort of your home or office.

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.

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