



Lawyer Like an Athlete:

A Unique CLE Opportunity to Up Your Game

DATE: February 23, 2024
SCHEDULE: Log-In: 12:45 a.m. | Program: 1:00 p.m. - 4:15 p.m.
CREDITS: 3.0 Ethics (Focus on attorney wellness: Maine Bar Rule 5(c)(1)) (PRACPRO)

Based on the facilitator's own research, this interactive, 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 INFORMATION

- Registration is **limited to 100**. Registration will close when program is **full or by February 22, 2024**.
- Registrants will receive the link to the webinar prior to the program. If materials are available, they will be emailed.
- When you join this Zoom seminar, you will be placed in a waiting room until the program begins.
- Credits will be reported by the MSBA according to live attendance for this program. You will be notified by CLE via email when your credits have been sent to the Board of Overseers and when they are posted to your MSBA account.

Registration Form: Lawyer Like an Athlete, February 23

Name _____ ME Bar _____
Organization _____
Address _____ City _____ State _____ Zip _____
Tel # _____ Email Address _____

Payment Information

<input type="checkbox"/> Check Enclosed # _____	Total \$ _____
Card # _____	
Expiration date/CSC Code _____	
Name as it appears on card _____	
Billing address _____	
Telephone #/Signature _____	



Registrations cannot be processed without payment by check or credit card.

Registration Fees

MSBA Member	<input type="checkbox"/> \$105
CLE Club Member	<input type="checkbox"/> \$ 80
Support Staff of CLE Club Member	<input type="checkbox"/> \$ 80
Non-Member	<input type="checkbox"/> \$155
Paralegals and Legal Support Staff	<input type="checkbox"/> \$ 85
MSBA Student Member	<input type="checkbox"/> \$ 15

CLE Club Membership: MSBA Members Only

Now through Sept. 30, 2024 ☐ \$165
Call the CLE Dept. for more information.

HOW TO REGISTER:

Online: Log into your website account at www.mainebar.org
Mail: Maine State Bar Association | 124 State Street, Augusta, ME 04330
Phone: 207-622-7554 • 1-877-622-7554 | **Fax:** 207-623-0083
Email: cle@mainebar.org

