



Lawyer Like an Athlete: A Unique Opportunity to Up Your Game

DATE: October 13, 2026
SCHEDULE: Log-In: 11:45 a.m. | Program: 12:00 - 1:00 p.m.
CREDITS: 1.0 Ethics (PRACPRO)

Based on the facilitator’s research, this practical seminar addresses the unique stressors of lawyering using elite performance strategies drawn from sports champions and world-class achievers. The focus is on building endurance, preventing burnout, and consistently performing at your best.

Participants will:

- Increase productivity, effectiveness, and satisfaction
- Strengthen resilience using proven performance psychology
- Leverage strengths to solve problems faster
- Sharpen mindset with cognitive behavioral strategies
- Boost stamina, focus, and motivation
- Create an actionable plan for sustainable work-life balance

Presenters:

Amy Wood is a Maine-based psychologist who helps attorneys enhance professional success and personal fulfillment through executive coaching and CLEs. She is the author of the ABA book *Lawyer Like an Athlete* and a frequent media expert. Dr. Wood earned her doctorate at Adler University and is certified by the College of Executive Coaching.

PROGRAM INFORMATION

- **Registration closes** when the program is **FULL or by October 11.**
- Zoom links and materials (if available) will be emailed in advance.
- Participants will be placed in a Zoom waiting room until the program begins.
- Credits are reported by the MSBA based on **live attendance.** Full credit requires viewing the **entire program.**

CANCELLATION/REFUND POLICY

- To receive a full refund, cancel your registration by **4:00 p.m., October 6.**
- **No refunds** will be issued **after October 6.**
- The date of cancellation is the date received at **Bar Headquarters in Augusta.**





Registration Form: Lawyer Like an Athlete, October 13, 2026

Name _____ ME Bar _____

Organization _____

Address _____ City _____ State _____ Zip _____

Tel # _____ Email Address _____

Payment Information			
<input type="checkbox"/> Check Enclosed # _____	Total \$ _____		
Card # _____	Exp. date _____	CSC Code _____	
Name on card _____			
Billing address _____			
Telephone _____	#Signature _____		
   			
Registrations cannot be processed without payment by check or credit card.			

Registration Fees	
MSBA Member	<input type="checkbox"/> \$ 65
CLE Club Member.....	<input type="checkbox"/> \$ 50
Support Staff of CLE Club Member.....	<input type="checkbox"/> \$ 50
Non-Member.....	<input type="checkbox"/> \$ 90
Paralegals and Legal Support Staff	<input type="checkbox"/> \$ 55
MSBA Student Member.....	<input type="checkbox"/> \$ 10

CLE Club Membership: MSBA Members Only

Celebrating the MSBA’s 135th anniversary with a \$30 savings in 2026.

Now through December 31, 2026 \$135

HOW TO REGISTER:

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

