



Personal Resilience and the Workplace

Speaker:

Elise McHatton, MA, ACSM EP-C, NSCA-CSCS

Elise McHatton has more than 18 years of experience in individual and group wellness programming. Elise has a bachelor's degree in Exercise Science and a master's degree in Organizational Leadership. She also holds certifications from the American College of Sports Medicine and the National Strength and Conditioning Association. Her prior work experience includes wellness programming in health club, cardiac rehab and corporate environments.

Have you ever wondered how some people pace through life without being phased by the barrage of tasks, deadlines and fires that come their way?

Especially in the legal profession when the expectation is for lawyers to be available around the clock (e.g., get to the office early, stay late, work weekends, available to respond to last-minute requests from partners or clients and remain tied to technology 24/7).

Join Elise McHatton as she discusses resiliency in the workplace and how to cope with “addicted to busy.” Elise will provide you with an understanding of resilience and why it is so important, an overview of how your mind works and the difference between pressure and stress, and strategies to improve your resilience and performance.

■ *Failing to recharge on a daily basis will take a toll on your mental and physical health!*

Wednesday

January 16, 2019

12:00 pm – 1:00 pm

Hruska Law Center 635 S 14th Street Lincoln

NE MCLE Accreditation 1 CLE / 1 ethic hour

Regular/live #166743 Distance learning #166742

Attend live or via live webcast

\$65 Regular registration

\$50 NSBA dues-paying member

FREE Senior Lawyer Section member

FREE Law students

REGISTRATION FORM:

Personal Resilience and the Workplace

Wednesday, January 16, 2019

12:00 PM – 1:00 PM

Please let us know how you heard about this CLE event: <input type="checkbox"/> Email (eCounsel, listserv, etc.) <input type="checkbox"/> Social Media <input type="checkbox"/> <i>Nebraska Lawyer</i> <input type="checkbox"/> Another NSBA CLE event <input type="checkbox"/> NSBA print mailing <input type="checkbox"/> Other: _____
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I will attend the live seminar at the Hruska Law Center in Lincoln.

I will attend the seminar via live webcast.

\$65 - Regular Registration

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FREE - Senior Lawyer Section Members

FREE - Law Students

Name: _____ Bar # _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail: _____

PAYMENT by CHECK {payable to NSBA} Check enclosed _____ Check amount \$ _____ Check # _____

PAYMENT by CREDIT CARD: AMEX _____ Discover _____ MasterCard _____ Visa _____

Amount to be charged \$ _____ Card #: _____

Expiration Date: _____ Mo/Yr CVV Code _____ Please print name on credit card: _____

Credit card billing address {if different from above}: _____

City: _____ State: _____ Zip: _____

Signature: _____

Return completed form to NSBA, 635 S 14th St. #200, Lincoln, NE 68508, or email to Karla Roscoe at kroscoe@nebar.com.

If you do not receive an email confirming your registration, please call (402) 475-7091.

If you need any special accommodation for attending this event, please contact the NSBA.

