



Above & Beyond

How to Thrive in a Career that Demands All of You

Presented by MCILS and the Maine Assistance Program for Lawyers & Judges

When: March 16, 2023 from 12:00PM-4:30PM.

Where: Hybrid. Attend in-person at the Burton M. Cross Office Building (111 Sewall Street, 5th Floor, Room 500 in Augusta), or via Zoom.

Cost: Free

Summary: Lawyers are in a league of their own when it comes to expectations and challenges. This practical two-part seminar addresses pressures 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 CLE 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, centered, and in command.

Presenters include Amy Wood, Psy.D. and Terry Fralich, LCPC, JD.

Registration: Registration is via Zoom (link below), even if you plan to attend in-person. If you want to attend in-person, you must register by 12:00PM on March 9, 2023. All registrations received after that time will be for Zoom only. [Register here](#).

Not open to prosecutors

Approved for 4 hours of ethics CLE credit & MCILS credit.



**MAINE ASSISTANCE PROGRAM
FOR LAWYERS & JUDGES**