



Tuesday, October 8, 2019

Registration: 12:00 p.m. • Program: 12:30 p.m. – 1:30 p.m.

Speaker:

Tracy A. Miller, Esq.

Prosecutor & Communications Coach

Be a Healthy Lawyer: Owning Your Mental Well-Being & Finding Joy in the Legal Profession

Studies indicate that too many lawyers experience chronic stress. Finding a method to combat this stress is critical to your well-being as a lawyer and life enjoyment. Attorneys who reconnect with themselves, their co-workers and the purpose of their organization are happier and more productive. Tracy Miller, Prosecutor and Communications Coach, presents a dynamic and interactive one-hour program to give lawyers the tools to find happiness every day and eliminate the stigma associated with stress. Attendees will also learn techniques to inventory their current system and take steps to construct a legal career built on greater well-being, increased happiness and greater competence.

–Approved for 1.0 Competence Issues CLE Credit–

PLEASE NOTE LOCATION

OCBA Offices
4101 Westerly Place
Newport Beach, CA 92660
(Complimentary Parking)

COMPLIMENTARY LUNCH WILL BE PROVIDED

YOU MUST REGISTER TO ATTEND – NO WALK-INS

SEATING IS VERY LIMITED – REGISTER EARLY

Registrations Taken Through October 7, 2019, Only If Space Available.

Seating is limited. The OCBA is not responsible for lost, misdirected or delayed mail. Registration may not be transferrable; Certain conditions apply. Cancellations must be received in writing via fax or e-mail 3 business days prior to the meeting date. OCBA reserves the right to substitute speakers. This activity has been approved for MCLE credit by the State Bar of California in the amount of 1.0 hour(s), including 1.0 Competence Issues, as appropriate to the content of the activity. OCBA is a State Bar of California approved MCLE provider and certifies that this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing MCLE. Non-Attorney guests may attend with a registered attorney at equal rate. *Persons with Disabilities:* If special arrangements are required for attendance, please contact the OCBA at least 10 days prior to the event.

Register by fax, mail or online at www.ocbar.org

OCBA Corporate Counsel Section Meeting – October 8, 2019

Vegetarian meal requested.

Name (*print*): _____ Email: _____
By providing your email address, you agree to allow the OCBA to email you regarding relevant OCBA information.

Firm Name: _____ Bar#: _____ Phone: _____

Business Address: _____ City/ZIP: _____