




HIGH STAKES, HEAVY HEARTS:

Protecting Your Well-Being in a High-Pressure Career



This is a practical, skills-based training designed for attorneys working in demanding & stress-filled environments. Participants will learn how chronic stress, urgency, and adversarial problem-solving affect the nervous system, decision-making, and relationships, and how those patterns can erode performance and personal well-being over time. The session provides evidence-informed strategies to reduce burnout risk and strengthen resilience without sacrificing professional excellence.



Quentin Hafner, LMFT, is a therapist, executive coach, and author who specializes in helping high-performing professionals navigate the intersection of business, relationships, and personal well-being. With more than 25,000 hours of clinical and coaching experience, Quentin is known for blending therapeutic depth with real-world practicality; making mental wellness simple, accessible, and powerfully actionable.

Friday, February 13, 2026

Registration: 11:45AM

Lunch & Program: 12:00PM–1:00PM

ORANGE COUNTY BAR ASSOCIATION

4101 Westerly Place, Newport Beach, CA 92660

IN-PERSON ONLY

\$35 OCBA Members, Section Members,
and OCWLA Members

\$50 Non-OCBA Members and Non-Section Members
(Lunch included)

Register online at [OCBAR.ORG](https://ocbar.org)

Advance Registration Required. Limited Seating. NO WALK INS Contact OCBA at Education@ocbar.org

Registration Deadline: February 10, 2026