



Orange County Bar Association
BUSINESS & CORPORATE LAW SECTION

LIVE WEBINAR: Wednesday, December 15, 2021 | 12:00 – 1:00 PM

Speakers:

Hon. Frederick P. Aguirre, Ret.
Mediator/Arbitrator, *Judicate West*

William J. Caplan, Esq.
Mediator, *Judicate West*

Stress in the Legal Profession: What are its causes, and how can you control it?

Lawyers suffer from job-related stress at a significantly higher rate than the general population. The typical manifestations of external job stress include anxiety, depression, and substance abuse. Our presenters will briefly look at some of the salient statistics to understand the extent of the problems and will also examine some of the characteristics of the practice of law which cause external stress and its attendant symptoms, such as rigid deadlines, self-imposed perfectionism, and black-and-white thinking. Awareness of these stressors will be discussed in addition to suggestions on ways to practice mindfulness to reduce stress inherent in law practice.

OCBA Business & Corporate Law Section Members: \$0
OCBA Attorney Member (non-section): \$25
Non-OCBA Member (Attorney): \$35

APPROVED FOR 1.0 COMPETENCE ISSUES MCLE

This activity has been approved for MCLE by the State Bar of California in the amount of 1.0 hour(s) Competence Issues, as appropriate to the content of the activity. OCBA is a State Bar 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. Each attendee must log into the webinar individually. No partial credit will be given. Attendees must watch the program in its entirety in order to receive Participatory MCLE credit. Cancellations must be received in writing via fax or e-mail 3 business days prior to the meeting date to receive a refund. OCBA reserves the right to substitute speakers.

Register at www.ocbar.org

OCBA Business & Corporate Law Section Meeting – December 15, 2021

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: _____

Visa/MasterCard/Amex/Discover: _____ Expiration Date: _____

Cardholder Name: _____ Signature: _____

\$_____ enclosed/to be charged (Make checks payable to the OCBA)

Register online, fax or mail | Mail to: OCBA, P.O. Box 6130 Newport Beach, CA 92658 | Fax to: 949-440-6710

If you are registering by fax or mail within 3 days of the meeting, please contact the OCBA at info@ocbar.org to ensure registration.