



**THE ST. LOUIS COUNTY
BAR ASSOCIATION**



**THE LAWYERS ASSOCIATION OF
ST. LOUIS, MISSOURI**



**THE WOMEN LAWYERS' ASSOCIATION OF
GREATER ST. LOUIS**



**THE JEFFERSON COUNTY
BAR ASSOCIATION**



**THE BAR ASSOCIATION OF
METROPOLITAN ST. LOUIS**



**MISSOURI ASIAN AMERICAN
BAR ASSOCIATION**



MOUND CITY BAR ASSOCIATION

PRESENT:

HIGH ENERGY EXTREMELY ENTERTAINING PROGRAM

THE RIGHTING REFLEX –

STRESS MANAGEMENT AND WELL-BEING

THURSDAY, MAY 6, 2021, 12:00-1:00, via Zoom

1.2 Total CLE Credit Hours - 1.2 Ethics and Professional Responsibility Credit Hours

Presenter: James N. Fendelman

The legal world is stressful; how do we balance the demands of the legal profession with our own mental health? In this high-energy, extremely entertaining program you will learn the four key tools of stress management:

- 1) Mindfulness
- 2) Perspective
- 2) Self Regulation
- 4) Resilience

This program deals with deep concepts in a fast-paced, light-hearted manner with lots of vivid examples. You will leave this program with a clear map for negotiating the stress of your legal professional life and find yourself able to approach each day with renewed vigor.

COST

All registration fees are being donated to Missouri Lawyers' Assistance Program.

\$5.00 minimum but we welcome any additional amounts.

Payable by Credit Card or Check.

Zoom Meeting ID and password will be provided upon registration.

FORMAT: All participants will be muted. Please submit questions through the Chat feature.

REGISTRATION

***All registration fees are being donated to Missouri Lawyers' Assistance Program.
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To pay by credit card: Visit the events tab on our webpage at <http://stlcountybar.org/> and click on the Pay Event Fee button. If paying by credit card, you do not need to return this registration sheet. If registering and paying for more than one person, please indicate in the explanation the names of the registrants.

To pay by check: Provide the information below and mail the completed sheet with a check payable to "St. Louis County Bar Association" to St. Louis County Bar Association, P.O. Box 16591, Clayton, MO 61305 (noting our new address).

If your fee is complimentary and you wish to register, please contact our executive director, Lael Richter Simon, at stlcountybar@gmail.com or (314) 282-0050.

COMPLETE AND SEND IF PAYMENT BY CHECK:

Name _____

Phone Number () _____ Email address _____

Amount _____

RSVP by Wednesday, May 5, 2021

If you have not received an email confirmation of your registration and payment by May 5th or have additional questions, please contact Lael Richter Simon at stlcountybar@gmail.com or (314) 282-0050.

A printable version is available at **The Righting Reflex.**