

WELL BEING
reboot

A Fresh Start for Positive Change.



WELL-BEING
WEEK
IN LAW

Thursday, May 9

4PM–6PM ET (via Zoom)

Realizing Your True Potential: An Evening with The Performance Whisperer, George Mumford, and Local Attorneys

Hear from George Mumford, The Performance Whisperer, on mindfulness in high-stress environments, followed by panel discussion.

KEYNOTE SPEAKER

George Mumford

Author of The Mindful Athlete: Secrets to Pure Performance



To register, scan the QR code or go to <https://lawyerwellbeingma.org/well-being-week-in-law-2024>.

Hosted by the SJC Standing Committee on Lawyer Well-Being, the Institute for Well-Being in Law, the Massachusetts Bar Association, the Women's Bar Association, and the Boston Bar Association