

How to Feel in Control When Things are Out of Control

Presented by Amy Wood, Psy.D.

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Does the unpredictable pandemic have you feeling uncomfortably not in charge? If so, you are not alone. There are many things—the weather, other people, the court system, to name a few—that we lack power over. But this acutely disorienting time brings our humbling vulnerability to a whole new level. Facilitated by a psychologist specializing in attorney wellness, this webcast will provide you with reliable strategies for steadying yourself amid the Coronavirus—and other storms of life.

As a result of attending, you will be able to:

- Be more at peace with what you can't control
- Zero in on what you can control
- Calm your thoughts and feelings
- Increase your daily patience, optimism, and focus
- Feel more in command—no matter what is happening around you



Meet Amy Wood, Psy.D.

Through executive coaching and training, Portland, Maine-based psychologist Amy Wood helps attorneys to reach greater levels of achievement and fulfillment. She is the author of *Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-paced World*, and is often called on for

her expert opinion by media ranging from Maine Public Radio to Parade Magazine. Dr. Wood earned her doctorate at Adler University, is certified by the College of Executive Coaching, and teaches cognitive-behavioral psychology at the Simmons Graduate School of Social Work.

Friday, August 21, 2020

Noon–1 p.m.

Live Webcast

Includes online access for 60 days after the live event.

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LIVE WEBCAST

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There is no charge, but registration is required.

Products

This free seminar will be available on-demand after the live program. Please visit www.osbar.org/seminars and search for CNTL20. On-demand access is available for 60 days after the date of purchase.

Questions or need help with registration?



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