



ORANGE COUNTY BAR ASSOCIATION
Mommy Esq. Committee

An OCBA Mommy Esquire Monthly Meeting

FIND YOUR WHY, KNOW YOUR WAY: *How to Make Values-Based Decisions in Your Work and Family Life When You're Feeling Stretched Thin*

IN PERSON WITH OPTION FOR VIRTUAL ATTENDANCE; SPEAKER WILL BE IN-PERSON

TUESDAY, MAY 17, 2022

Registration & Lunch: 11:30AM to 12:00PM Program: 12:00PM to 1:00PM

It's no secret that many of us are feeling like we're burning the candle at both ends. With limited time and energy, Dr. Lauren shares how we can make the most of our day to build the meaningful relationships we want to have while still excelling in our career. She breaks down tangible strategies to help you feel grounded and intentional so that you're no longer saying, "I just need to get through this week." Bonus—this is a conversation that will translate not just in your life, but in your parenting as well.



DR. LAUREN COOK

Dr. Lauren Cook is a clinical psychologist, career coach, speaker, and author. She travels around the country (and from her computer screen!) to provide education on how we can integrate mental health into our professional and personal lives. She is passionate about bringing mental health to people of all backgrounds, particularly those in the legal community.

Married to an attorney, Lauren knows the importance of brain health and wellness for the legal field. Dr. Lauren frequently works with firms to provide consultation services so that teams are implementing an evidence-based and culturally informed approach to mental health.

Register at [OCBAR.ORG](https://ocbar.org) or email events@ocbar.org.

Registrants will be able to select whether attending in-person or virtually.

Zoom only participants will receive the link day before meeting.

Advanced registration is required.

For assistance, please contact the OCBA at events@ocbar.org.

All in-person attendees will be required to follow all California and CDC guidelines then in place.