

CONTINUING LEGAL EDUCATION

THE BAR ASSOCIATION OF SAN FRANCISCO



The Business Law Section presents

Navigating Turbulence

The Psychology of Change and Stress in Legal Practice

Speaker

Dr. Rachel Boehm

RB Strategies

The modern legal environment demands constant pivots between client needs, shifting priorities, technological changes, and the relentless pace of communication, to name a few and to say nothing of the demands from professionals' personal lives.

This program examines how these ongoing pressures interact with the "lawyer personality" and the science of stress and change to create advantages and liabilities to performance and well-being. Developing strategic self-awareness using these scientific principles can enable legal professionals to ensure the advantages outweigh the liabilities in the short- and long-term.

Through the lens of psychology and neuroscience delivered in a practical, approachable way, attorneys will gain a deeper understanding of how their minds and bodies respond to changes and pressures, and how to channel that response into improved client support, ethical decision-making, and role modeling for future legal leaders.

Attendees will leave with practical, evidence-based tools to navigate turbulence more effectively and sustain their professional competence throughout their careers.

Topics

- The "lawyer personality" and how psychological traits influence performance, communication, and stress response
- The neuroscience of stress, change, and adaptation in high-pressure legal environments
- How chronic mental demands, task switching, and emotional labor affect stress tolerance and performance
- Evidence-based strategies for managing daily demands and maintaining professional competence under pressure
- Practical applications for improving emotional regulation, focus, and recovery throughout the workday
- Frameworks for sustaining high performance and well-being over the course of a legal career

Section Chair

Elisha Blechynden, Venture Point Legal

Register online: www.sfbbar.org/calendar

Tuesday

January 27, 2026

MCLE Registration: 11:30 a.m. - 12:00 p.m.

Virtual Program: 12:00 - 1:30 p.m.

MCLE: 1 Hour in Wellness Competence

To receive MCLE credit, you must sign in during the designated MCLE registration period. This activity is approved for Minimum Continuing Legal Education credit by the State Bar of California.

BASF is a certified provider. Provider #103

Location

Virtual

Zoom link will be provided prior to the program.

Cost

Free for BASF Law Student

\$50 Section Member

\$60 BASF Member

\$75 All Others

All prices increase \$10 on the day of the program.

Pre-registration is required.

Viewing Options



Live Webcast available, register at www.sfbbar.org



Webcast Recording will be available. Register separately on our online platform.

Special Requests:

People with disabilities should contact BASF regarding reasonable accommodations at events@sfbbar.org.

All are welcome, varying rates apply based on membership status.

Event Code: G260101