

# CONTINUING LEGAL EDUCATION

THE BAR ASSOCIATION OF SAN FRANCISCO



The Wellness Committee presents

## The Secret to Increasing Productivity It's All in How You Communicate

Three surprising ways to boost productivity without feeling stressed

### Speakers

#### Tracey Bromley Goodwin, M.Ed.

Communication & Productivity Expert and Coach

Tracey Bromley Goodwin, LLC.

### Learn how to:

- Delegate with clarity and ease without feeling guilty, no matter what your role is at work
- Start and finish projects on time and go home without feeling overwhelmed
- Stay highly focused so you can get A LOT more done in A LOT less time
- Communicate with your colleagues and clients more effectively and buy back time and energy

**Tuesday**

**April 28, 2026**

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

Virtual Program: 12:00 - 1:15 p.m.

### MCLE: 0.5 Hours of 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 Member

\$50 All Others

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

**Pre-registration is required.**

### Viewing Options



Live Webcast available, register at [www.sfbar.org](http://www.sfbar.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@sfbar.org](mailto:events@sfbar.org).

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

Register online: [www.sfbar.org/calendar](http://www.sfbar.org/calendar)

**Event Code: G261627**