

# **SCWBA BOARD MEETING & SPEAKER**

**Tuesday, Nov. 7<sup>th</sup> 6pm**

**Touro Law School – FCR/BDR**

**[Zoom Link](#)**

## **PRESENTATION FOR “HOT MESS” LAWYERS WHY YOU SHOULD IMMEDIATELY STOP TRYING TO “GET IT TOGETHER”**



**Suffolk County Felony Prosecutor Renée G. Pardo** gives you a tangible framework for transforming your unmanaged mind into a powerful tool that will assist you to create the biggest results you want in your life. Learn how to stop spinning in fantasy perfectionist thoughts which only serve to compel you to either binge eat Oreos or consume endless self - improvement books or podcasts that you are never able to put into practice.

With humor and compassion, she shares her own journey from burnout, overwhelm and feeling stuck in her job, to how she created a mindset that lead to a new career path, a loss of over thirty pounds and new opportunities that she never even imagined.

She will share coaching tools that transformed her life. Prepare to laugh and learn as she discusses:

1. How to feel better right this minute no matter what your circumstances
2. How to take action towards your goals even when you don't feel like it
3. How to make time work FOR you by increasing your capacity for focus rather than buying a new pretty planner that will not change a damn thing