

San Francisco Legal Professionals Association

Brown Bag Webinar



THE POWER OF PAUSE

HOW TO TURN A REACTION
TO A RESPONSE!

September 27, 2022

12:30 to 1:30 pm



Presented by:

Lara Traube, ACC, CPC, ELI-MP

Register online at

www.sflpa.org/events-calendar/

Or scan the QR Code above

About the Presenter



Lara Traube is a Personal Leadership Coach who supports people in gaining clarity and passion in their life and work by lessening stress and reconnecting their thoughts, feelings and actions to their values systems.

She is accredited through the International Coaching Federation as an Associate Certified Coach (ACC) and also holds a Certified Professional Coach (CPC) and Energy Leadership Master Practitioner (ELI-MP) certification through the Institute of Professional Excellence in Coaching. She earned a BA in Broadcast and Communication Arts with a minor in Holistic Health from San Francisco State University (2001).

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