

# **MAKING THE CLIMB: WHAT'S IN YOUR TOOLBAG?**

*Presented by:*

**Dr. Alexis N. Green-Frugé**

February 27, 2024

12:30 pm to 1:30 pm



This Event is **FREE** to anyone in the legal field.

*Speaker Provided By:*

*San Francisco Legal Professionals Association*

This presentation will focus on the well-being and/or stress management in the context of the topic of law and provide tools for attorneys and legal professionals to manage the day to day stress of working in the legal field.

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**1.0 Hour of  
Competence  
MCLE!**

About the Presenter

Dr. Alexis Green-Frugé is the Co-Founder of [Holpentech Innovations](#), and uses her insights to inform development of performance and clinical products. Additionally, Dr. Green-Frugé is the Co-Founder and Chief Operating Officer of [Frugé Psychological Associates, Inc. \(FPA\)](#), and provides a unique blend of clinical, forensic, industrial, and performance psychology services to organizations throughout California. She is a Licensed Clinical Psychologist who has dedicated her career to helping children, adults, and organizations. Dr. Green-Frugé has spent over 20 years coaching and facilitating organizations and executive leaders through transformative development and growth. Her keen ability to listen, analyze, and cultivate reflective and strategic thought partnership has esteemed her as an expert in increasing the emotional intelligence, mental wellness literacy, confidence, and thriving of her clients. Whether working with institutions through change management and professional learning, or preparing and practicing with educators who are championing youth through critical seasons of trauma and unrest, Dr. Green-Frugé is an elite success partner with a track record of performance that indicates major advancement, sustainability, retention, and overall success for any client afforded the opportunity to work with her. Whether to learn, improve, push, or enhance, having Dr. Green-Frugé as a Consultant or Coach ensures progress and continuous growth for both organizations and personal professional development.

