

PRACTICING PEAK PERFORMANCE

August 2021 Plenary Session for the Berks County Bench – Bar Conference

Moderator: Daniel C. Nevins, Esquire

Panel members: Dena Breslin, Business and Life Coach with Dena B Coaching

Alex Bernhard, Owner of New Age Hoops

Zach Barker, Manager of Fleet Feet West Reading and elite-level marathoner

For athletes, peak performance is the manifestation of their maximum athletic potential. This peak experience may last seconds, minutes or hours or be measured by a game clock, yet it represents the culmination of years of hard work and dedication. Just like a meticulously made swiss watch, peak experience brings all the working parts into harmony to create something beautiful and special.

To succeed in practice, whether in the courtroom or at the negotiation table, Attorneys must be prepared to perform at their peak when called upon. Arriving at counsel table ready to select a jury requires not only mastery of the law and facts of your case, but the proper mindset required to perform both confidently and persuasively.

Pennsylvania Rule of Professional Rule of Professional Conduct 1.1 - Competence

A lawyer shall provide competent representation to a client. Competent representation requires the legal knowledge, **skill, thoroughness and preparation** reasonably necessary for the representation.

Our three member panel will address these “missing” pieces of Competent representation.

- I. Dena Breslin
- II. Alex Bernhard
- III. Zach Barker

All panelists will present a 5 to 10 minute introduction and description of their own athletic and/or professional journey along with relevant personal anecdotes.

A moderated question and answer period will follow touching on:

- A) The grind: preparation and training for the moment in the months leading up
- B) The morning of: getting your mind and body right
- C) In the moment: reaching flow state
- D) The aftermath: dealing with success or setbacks