

Preventative Measures to Safeguard Your Data and Manage Stress

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REPORTING YOUR CREDIT

This on-demand webinar was originally presented as a live webinar on July 21, 2020, in Seattle, WA. If you attended the live webinar and reported CLE credits, you cannot also report credits from watching or listening to this recording.

DESCRIPTION

In this on-demand program faculty will present on digital security technology and resiliency as it relates to mental health, addiction and stress.

AGENDA

1 **Data Security for Lawyers**

Phishing threats, ransomware attacks, and data breaches keeping you up at night? Susan Hintze, a veteran privacy and cybersecurity lawyer, will address your ethical and legal obligations to protect client and personal data, highlight common security threats and how they happen, and explain technical, administrative, and physical measures you can take to safeguard your data and systems at work and at work from home.

Susan L. Hintze - Hintze Law, Seattle, WA

2 **Building Resilience for Challenging Times: Identifying Tools to Manage Stress and Stay Engaged in the Present**

Dr. Crystal will address methods for remaining steadfast including: prioritizing self-care; creating hope; questioning one's assumptions and identifying your values.

Dan Crystal - Washington State Bar Association, Seattle, WA