

Grace and Space: Making Room for Social Connections, Vulnerability, and Boundaries in Your Legal Practice



ORIGINAL PROGRAM DATE

May 10, 2024

AVAILABLE MEDIA TYPES

Video & Audio MP3

*Presented in collaboration with the
WSBA Member Wellness Program*

REPORTING YOUR CREDIT

This on-demand seminar was originally presented as a live webcast on May 10, 2024, in Seattle, WA. If you attended the live webcast and reported CLE credits, you cannot also report credits from watching or listening to this recording if repeated within your three year reporting period.

DESCRIPTION

The WSBA Member Wellness group in honors Well-Being Week in Law with this on-demand CLE. Learn how to connect with colleagues through a Peer Advisor program. Also learn how to protect your well-being by setting and enforcing boundaries and hearing from others how they navigate the challenges of their own legal practice.

AGENDA

1 **Unlocking Professional Isolation: Vulnerability as the Key to Connect with your Fellow Attorneys**

This session will explore the importance of building social connections in your career. We will review how attorneys are trained not to be vulnerable and this becomes a liability in navigating their career. We will offer guidance for those who have signed up to be Peer Advisors and retired Judge Jacalyn Brudvik will discuss how mentorship and seeking guidance undergirded her career.

*Court Commissioner Jacalyn Brudvik (Ret.) - Mukilteo, WA
Dan Crystal - Washington State Bar Association, Seattle, WA
Adely Ruiz - Washington State Bar Association, Seattle, WA*

2 **Deploying Your Values to Set Boundaries with Your Practice**

During this session, we will explore the importance of valuing oneself while staying dedicated to one's work. By the end of the session, you will have gained a set of tools that will enable you to identify and meet your personal needs and learn how to establish boundaries by prioritizing your values.

*E. Ashley Paynter - Riley Safer Holmes & Cancila LLP, Los Angeles, CA
Adely Ruiz - Washington State Bar Association, Seattle, WA*

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(agenda continued from previous page)

3 Stories from the Trenches: How Do You Combat the Stress and Overwhelm of Legal Practice

The participating attorneys will tell stories from their career exploring the role legal practice has had in creating and exacerbating mental health challenges.

Doug Boling - Office of the Attorney General, Seattle, WA

Miriam Korngold - Korngold Law, Seattle, WA

Aaron Paker - Lifepoint Law, Federal Way, WA

Oliver Spencer - Oliver Spencer Attorney at Law PLLC, Seattle, WA