



The Whole Lawyer: Making Wellness a Priority in Your Practice

Program dates start May 9. Register today!

4 CREDIT HOURS:

- 1 CLE/EPR credit
- 3 LAU credits

The Whole Lawyer: Making Wellness a Priority in Your Practice

Here's to you

High stakes. Stiff competition. Tight deadlines. Long hours. Even with all its rewards, the practice of law can negatively impact your mental and physical health. To stay healthy, productive, and successful in such a demanding profession, it's essential to prioritize your personal well-being. At ***The Whole Lawyer: Making Wellness a Priority***, you'll find actionable strategies for coping with stress, upholding your ethical responsibilities, and improving your overall well-being.

How you'll benefit:

- Recognize aspects of the profession that negatively impact your well-being
- Assess your personal well-being for signs of stress, burnout, and imposter syndrome
- Learn how, when, and where to seek help
- Implement strategies to reconcile personal and professional demands
- Avoid ethical violations and disciplinary action resulting from poor well-being
- Discover stress management techniques and healthy habits

Who should attend:

- All lawyers
- Paralegals

Tackle the obstacles standing in the way of your well-being with help from *The Whole Lawyer: Making Wellness a Priority*.

Register today!

Schedule

8:00 AM Registration

8:30 AM Traits of the Profession that Impact Well-Being (LAU)

- Competition
- Winning/losing
- Expectations of self
- Living with stress
- Making stress work for you
- Suicide
- Addiction or use of stress relievers
- Compassion fatigue

Moderator: Dean R. Dietrich

Panelists: Bree Buchanan, Lindsey D. Draper

9:20 AM Ethics of Lawyer Well-Being (CLE/EPR)

- Competence
- Diligence
- Client focus
- Client security fund

Moderator: Dean R. Dietrich

Panelists: Lindsey D. Draper, Sarah E. Peterson, Thomas J. Watson

10:10 AM Break

10:25 AM Recognizing Your Personal Well-Being (LAU)

- Good, bad, and ugly
- Guard rails
- Imposter syndrome
- Barriers to seeking help

Moderator: Dean R. Dietrich

Panelists: Julie M. Spoke, Emily Logan Stedman

11:15 AM Setting Up Systems to Improve Your Wellness (LAU)

- Release strategies
- Stop taking it home
- Personal and family relationships
- What you feed succeeds (physical, mental and emotional)

Moderator: Dean R. Dietrich

Panelists: Brent J. Hoeft, Julie M. Spoke, Emily Logan Stedman

12:15 PM Program Concludes

Following program start time, schedule will vary slightly from above listed times.

Faculty

Program Chairs & Presenters

Dean R. Dietrich

Weld Riley, S.C.
Wausau

Lindsey D. Draper

Chair, ABA Standing Committee on
Public Protection in the Provision of
Legal Services
Wauwatosa

Presenters

Bree Buchanan

Krill Strategies LLC
Austin, TX

Brent J. Hoeft

State Bar of Wisconsin
Madison

Sarah E. Peterson

State Bar of Wisconsin
Madison

Julie M. Spoke

Office of Lawyer Regulation
Madison

Emily Logan Stedman

Husch Blackwell LLP
Milwaukee

Thomas J. Watson

Wisconsin Lawyers Mutual Insurance
Company
Madison

Dates / Location

In-Person Seminar – Madison

Thursday, May 9, 2024

State Bar Center

5302 Eastpark Blvd., Madison, WI
(608) 257-3838

Live Webcast

Thursday, May 9, 2024

Webcast Replays

Friday, May 17, 2024

Wednesday, May 22, 2024

Monday, May 27, 2024

Tuesday, June 18, 2024

Friday, June 28, 2024

Wednesday, July 10, 2024

Thursday, August 15, 2024

Tuesday, September 17, 2024

Credits

This program will be submitted to the Wisconsin Board of Bar Examiners for up to **4 credit hours** consisting of:

- **1 CLE credit including 1 EPR credit**
- **3 LAU credits**

About LAU credits: Attorneys may submit up to 6.0 LAU (Lawyer Awareness and Understanding) credits per CLE reporting period. To learn more about CLE credit types and rules, visit wisbar.org/credits.

Registration

ONLINE: wisbar.org/seminars

PHONE: (800) 728-7788

FAX: (608) 257-5502

MAIL: State Bar PINNACLE Registrations

P.O. Box 7158

Madison, WI 53707-7158

State Bar CLE/PINNACLE Passbook registrations: Passbook certificates must be received by the State Bar at least one business day prior to the event. For in-person seminars, walk-in registrations using Passbook Certificates are also welcome.

Registration cancellations: Please visit wisbar.org/cancellations for information on PINNACLE registration cancellation policies.

Course materials for those attending the seminar: Course materials are provided in PDF format and are downloadable from *myStateBar* on wisbar.org up to two days prior to and 90 days after your seminar.

COVID-19 safety information: Complete and current safety guidelines can be found at wisbar.org/covidsafety.

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& Elder Law



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Additional Learning Opportunities

CLE Seminars

Healthy Minds in the Legal Profession

Discover how to foster habits in your life that will improve your mental health with world renowned neuroscientist **Dr. Richard J. Davidson**. Learn and practice skills associated with awareness, connection, insight, and purpose to help you stay grounded and successful your practice and your life. **1 LAU**

Live Webcast: April 10, 2024

Webcast Replays: April 18, 2024 | April 26, 2024 | May 6, 2024 | May 14, 2024 | May 23, 2024
May 29, 2024

Mental Health Literacy for Lawyers

Learn why understanding your clients' mental health and the impact of traumatic events is crucial to building effective and healthy relationships with clients and assisting them in achieving their goals. Delve into topics at the intersection of law and mental health, including personality disorders, emotional intelligence, PTSD, and Chapter 51 evaluations. **7 LAU**

In-Person Madison Seminar: May 31, 2024

Webcast Replays: Jun. 10, 2024 | Jun. 13, 2024 | Jun. 21, 2024 | Jun. 25, 2024 | Jul. 2, 2024
Jul. 12, 2024 | Jul. 18, 2024 | Jul. 31, 2024

Books / Books UnBound®

Mental Health Law in Wisconsin: A Guide for Legal and Healthcare Professionals

Gain a better understanding of the intersection between mental health issues and the law with this comprehensive resource covering a range of topics such as guardianships, discrimination, mental health parity, and treatment courts.

Print Book: #AK0440E01; 344+ pp.; 1st Ed. 2020-21; **Member:** \$199 | **Nonmember:** \$219

Books UnBound Subscription: #AE0440_SUB; **Member:** \$196 | **Nonmember:** \$245

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Priority Code:
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<input type="checkbox"/> Nonmember	<input type="checkbox"/> \$289	<input type="checkbox"/> \$319
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<input type="checkbox"/> Passbook Certificate	<input type="checkbox"/> 1 Certificate	<input type="checkbox"/> 1 Certificate

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Madison

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Lawyer State Bar Member No. _____

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