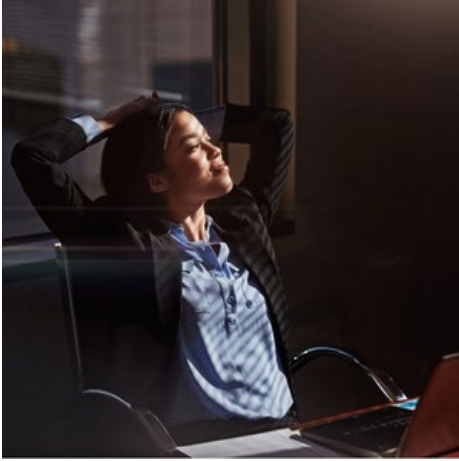




The Three Phases of Practice: Building Well, Living Fully, Letting Go Wisely for Well-Being Week in Law

ORIGINAL PROGRAM DATE

May 7, 2026

REPORTING YOUR CREDIT

This on-demand program was a live seminar presented on May 7, 2026. If you attended or viewed the original presentation, please note that WSBA members may not claim credit for the same CLE sessions if repeated within their three-year reporting period.

DESCRIPTION

This CLE explores the three distinct phases of a legal career: building, prime time, and dismantling; and the unique well-being challenges that arise in each stage. Examine how professional identity, ambition, and personal fulfillment evolve over time, and how to make intentional choices that support long-term sustainability. The program offers practical strategies for maintaining purpose, balance, and perspective while navigating career transitions. Leave with a framework to build well, live fully, and ultimately let go wisely—without losing themselves to the practice of law.

PRESENTERS

Darcel Lobo – DAL Coaching and Consulting, Normandy Park, WA

Philip Buri – Buri Funston Mumford, PLLC, Bellingham, WA, Retired