



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

THURSDAY, MAY 7, 2026

Approved for 2.0 Other CLE credits.  
FREE

Washington State Bar Association  
1325 Fourth Ave., Suite 600 | Seattle, WA 98101

WEBCAST  
ONLY

### 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.

#### FACULTY

**Darcel Lobo** - *DAL Coaching and Consulting, Normandy Park,*  
**Philip Buri** - *Buri Funston Mumford, PLLC, Bellingham, (Retired)*

### SCHEDULE

10:40 a.m. > Webcast Log-In Opens

10:55 a.m. > Welcome and Introductions

- **Dan Crystal** - *Washington State Bar Association, Seattle*

11:00 a.m. > The Three Phases of Practice:  
Building Well, Living Fully, Letting Go Wisely

120 minutes, 2 credits Other

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. Attendees will 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. Attendees will leave with a framework to build well, live fully, and ultimately let go wisely—without losing themselves to the practice of law.

- **Darcel Lobo** - *DAL Coaching and Consulting, Normandy Park*
- **Philip Buri** - *Buri Funston Mumford, PLLC, Bellingham, (Retired)*

1:00 p.m. > Adjourn • Complete Online Evaluations

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Thursday, May 7, 2026 • #26501 WEB

## REGISTRATION

To register online, please go to the [registration page](#). Click to add to cart and complete your purchase. You may pay by credit card, or via ACH. Alternatively, you may print and mail an invoice seven business days prior to the program along with your check payable to WSBA. Credit card payments by mail or fax are no longer accepted. Note, our service provider will charge you a separate, non-refundable transaction fee of 2.5% on all bank card transactions.

Effective Oct. 1, 2025, applicable sales tax will be applied to all live seminar registrations (in-person or virtual). For more information, refer to changes to [Washington sales tax law](#).

If special accommodations are needed, please email [cle@wsba.org](mailto:cle@wsba.org) or call toll-free at 1-800-945-9722.

Please omit my name from the networking list made available to exhibitors and/or attendees.

### PRICING INFORMATION

**#26501 WEB, attend via webcast, 5/7/26**

FREE

#### Seminar Registration Transfers, Refunds and Cancellations

In most circumstances, if you cannot attend the live event, we can transfer your registration to the on-demand product, once available (8-10 weeks from the program delivery date). Generally, for webcast/webinar registrations, tuition fees may be refunded, less \$25 for processing, for written cancellations postmarked, emailed, or faxed up to the start of the event. For in-person registrations, tuition fees may be refunded, less \$25 for processing, for written cancellations postmarked, emailed, or faxed by 5 p.m. up to three business days before the event. No refunds will be provided after the dates specified. You may also send a substitute in lieu of canceling. *When applicable, specific exceptions to these policies will be noted on individual event registration pages.* Please email [cle@wsba.org](mailto:cle@wsba.org) with any requests or questions.

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