



The Gruntled Lawyer's Survival Guide: Stay Sane, Stay Licensed

TUESDAY, SEPTEMBER 15, 2026

Approved for 1.0 Ethics CLE credits
FREE

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

WEBCAST
ONLY

DESCRIPTION



Sponsored by **ALPS**

CHAIR

Dan Crystal – *Washington State Bar Association, Seattle*

FACULTY

Alan J. Klevan – *Law Offices of Alan J. Klevan, P.C., Framingham, MA*

Wendy S. Meadows – *Law Office of Wendy S. Meadows, LLC, Towson, MD*

SCHEDULE

11:40 a.m. > Webcast Log-In Opens

11:55 a.m. > Welcome and Introductions

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

12:00 p.m. > The Gruntled Lawyer's Survival Guide: Stay Sane, Stay Licensed

60 minutes, 1.0 credits Ethics

Nobody puts this in the Rules of Professional Conduct: you can't be diligent, competent, or clear-headed with clients when you're running on fumes. Burnout doesn't just wreck your weekends. It shows up in missed deadlines, short tempers, sloppy communication, and the kind of poor judgment that gets you a bar complaint.

Alan Klevan and Wendy Meadows have both lived it. Disgruntled lawyer to gruntled lawyer, and back again more times than either of them would like to admit. In this session, they're skipping the theory and getting into the real stuff: what burnout actually looked like for them, what pulled them out of it, and what they do now to stay out of it.

Then it's brass tacks. Twenty real, usable tips, connected straight back to the ethics rules that actually govern how lawyers practice. No fluff. No "just meditate more." Just the practical moves that keep you sane, sharp, and licensed.

By the end of this session, attendees will be able to:

- Identify the specific competence, diligence, and communication rules most commonly compromised by burnout and depletion.
- Recognize the early warning signs of professional burnout in themselves and their colleagues before it becomes a disciplinary issue.
- Apply at least three of the 20 presented strategies immediately in their own practice.
- Build a personal, sustainable wellness practice that directly supports their ethical obligations, not one that competes with them.
- **Alan J. Klevan** – *Law Offices of Alan J. Klevan, P.C., Framingham, MA*
- **Wendy S. Meadows** – *Law Office of Wendy S. Meadows, LLC, Towson, MD*

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

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Tuesday, September 15, 2026 • #26518 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.

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PRICING INFORMATION

☐ **#26518 WEB, attend via webcast, 9/15/26**

☐ FREE

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