

OSB Well-Being Summit 2026: Retention, Resiliency, and Relationships

Cosponsored by the Well-Being Section

Register at www.osbar.org/seminars (search for WS26)



This year's summit will focus on rest, retention, and resiliency in the legal profession, with practical, profession-wide strategies to support sustainable legal practice. Review the most recent research on lawyer well-being. Learn about relationships and resiliency in the legal field as well as the key ingredient to retaining talent and sustaining meaningful legal careers. Explore how to build financial resiliency in uncertain times.

Well-Being Section members receive free registration.

Special thanks to the Well-Being Section for sponsoring lunch for all in-person attendees.

Friday, May 29, 2026

9:30 a.m.–2:35 p.m. PDT

Oregon State Bar Center

16037 SW Upper Boones Ferry Rd., Tigard
or Via Live Webcast

CLE credits: 3 Mental Health/Substance Use
and .5 Ethics

MCLE ID #: 133157

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In-Person Event

\$0 Well-Being Section member

\$30 Regular registration

\$0 Sack Lunch

Electronic materials are included with your registration.



Live Webcast

\$0 Well-Being Section member

\$30 Regular registration

Webcast registration includes online access to the recorded seminar for 60 days after the event. Electronic materials are included with your registration.

Join the section by [clicking here](#) to attend for free!



Closed captions available

50-Year and Active Pro Bono OSB licensees and Oregon judges and their lawyer staff – please call the OSB CLE Service Center at (503) 431-6413 or (800) 452-8260, ext. 413 to register for the seminars.



Questions or need help with registration?

Call or email the OSB CLE Service Center:
(503) 431-6413 or (800) 452-8260, ext. 413, or
cle@osbar.org

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Schedule

- 8:30 Registration and Continental Breakfast**
- 9:30 Welcome**
Michelle Ryan, *Well-Being Summit Task Force Chair, Oregon Law Center, Portland (appearing by video)*
Tomás Hernandez, *OSB President, Willamette University School of Law, Salem*
Bruce Garrett, *Well-Being Section Chair, Northwest Employment Lawyer, Lake Oswego*
- 9:45 OAAP Welcome and Research Update**
- Overview of well-being efforts in Oregon
 - Sneak peek at the most recent research on lawyer well-being
- Kyra Hazilla**, *Oregon Attorney Assistance Program, Portland*
Douglas Querin, *Oregon Attorney Assistance Program, Portland*
- 10:00 Transition Break**
- 10:05 Relationships and Resiliency in the Legal Field**
- Current research on lawyer personality traits and the demands of legal practice
 - The importance of connection and relationships to lawyer well-being
 - The myth of the resilient individual and sharing the concept of resiliency as relational and vital to the practice of law
- Kirsten Blume**, *Oregon Attorney Assistance Program, Portland*
Bridget Donegan, *Oregon Attorney Assistance Program, Portland*
Kyra Hazilla, *Oregon Attorney Assistance Program, Portland*
Douglas Querin, *Oregon Attorney Assistance Program, Portland*
Bryan Welch, *Oregon Attorney Assistance Program, Portland*
- 11:05 Break**
- 11:15 Lawyer Well-Being: The Key Ingredient to Retaining Talent and Sustaining Meaningful Legal Careers**
- The relationship between attorney well-being and retention
 - Actions legal employers can take to drive culture and increase client satisfaction by supporting well-being
 - Strategies attorneys can take to protect their well-being and promote a successful, long-term career in the law
- Susanne Aronowitz**, *Senior Consultant, Beard Strategies, Inc.*
Andrea Barton Stolpe, *Miller Nash LLP, Portland*
- 12:00 Lunch (included with registration)**
- Join fellow attendees for an open conversation about the future of the Well-Being Section. The discussion will center on key aspects of well-being, including rest, retention, and relationships, using a roundtable format to encourage shared ideas and dialogue.
- 1:00 Building Financial Resiliency in Uncertain Times**
- Financial well-being as a core component of lawyer resiliency
 - Navigating financial realities across career paths
 - Leveraging available resources for financial stability
- Ann Garcia**, *The Mather Group, Portland*
- 2:00 Transition Break**

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2:05 Professional Relationships and Professionalism: Keys to Long Term Success and Well-Being

- Lessons from over 40 years of experience on the importance of good professional relationships
- How effective lawyering begins with well-being

The Honorable John Acosta, *US District Court, Eugene*

2:35 Adjourn to Social Hour (soda and snacks provided)

Planning Committee

Kirsten Blume, *Oregon Attorney Assistance Program, Portland, OR*

Ben Calleros, *Arizona Corporation Commission, Phoenix, AZ*

Cynthia Danforth, *Cynthia Danforth Attorney at Law LLC, Eugene, OR*

Bridget Donegan, *Oregon Attorney Assistance Program, Portland, OR*

Bruce Garrett, *Well-Being Section Chair, Northwest Employment Lawyer, Lake Oswego, OR*

Andrew Kelly, *Corey Law Group, Portland, OR*

Monica Logan, *OSB Professional Liability Fund, OR*

David Rosen, *High Desert Law LLC, Bend, OR*

Michelle Ryan, *Well-Being Summit Task Force Chair, Oregon Law Center, Portland, OR*

General Information

Cancellations: Cancellation requests must be received at least 72 hours prior to the date of the seminar to qualify for a refund. Refunds are subject to a \$25 cancellation fee. To cancel, please call the OSB CLE Service Center at (503) 431-6413 or (800) 452-8260, ext. 413.

Dietary Restrictions or Accessibility

Accommodations: Please call (503) 431-6375 or (800) 452-8260, ext. 375, at least 72 hours before the date of the seminar.

Hotel Accommodations: Discounted rates are available at The Grand Hotel at Bridgeport, 7265 SW Hazel Fern Rd., Tigard, OR 97224. Call 503-968- 5757 / toll free 1-866-968-5757 and reference the Oregon State Bar rate or [click here](#) to reserve online.

Products

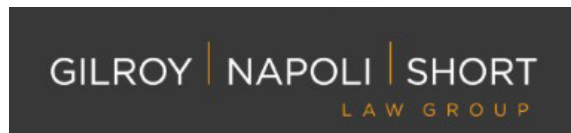
This seminar will be available on-demand after the live program. Please visit www.osbar.org/seminars and search for WS26. On-demand access is available for 60 days after the date of purchase.

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