

Saturday, January 24, 2026

12 – 1:15 p.m.

SA/MH Seminar

1.0 MCLE Credit Hours, including up to 1.0 SA.MH Credit Hour

Supreme Court Commission on CLE Course #: 260149

Room Location: Chatham C Ballroom

Managing Difficult Clients and Colleagues: Protecting Your Mental Health and Well-Being

This program addresses the mental health and stress management challenges attorneys face when dealing with difficult clients and colleagues. Drawing from the presenter's personal experience with panic attacks, burnout, and mental health recovery, participants will learn evidence-based strategies to protect their psychological well-being while maintaining professional effectiveness. The program focuses exclusively on stress management, anxiety reduction, and mental health preservation in the context of challenging professional relationships.

Agenda

12 p.m.

Lunch Buffet Opens

12:15 – 1:15 p.m.

Managing Difficult Clients and Colleagues: Protecting Your Mental Health and Well-Being

Doug Brown

Summit Success

Bluffton, SC