

CONTINUING LEGAL EDUCATION

THE BAR ASSOCIATION OF SAN FRANCISCO



presents

Avoiding Attorney Burnout: Cultivating Mental Fitness

(Rebroadcast)

Speakers

Dr. Shawn L. Frugé

CEO, Frugé Psychological Associates

Dr. Alexis N. Green–Frugé

Co-founder, Holpentech Innovations: Frugé Psychological Associates

Jasmin Singh

General Counsel, Ironclad

Rudhir Krishtel

CEO, Lead Speaker, Facilitator and Executive Coach, Krishtel

Moderator

Shane Young

Little

Topics

- The importance of mental fitness in high-pressure legal environments
- Strategies for managing stress and enhancing cognitive resilience
- Practical techniques for maintaining emotional health in legal practice
- The shift from reactive to proactive mental wellness strategies

Monday

November 24, 2025

MCLE Registration: 11:30 a.m. - 12:00 p.m.

Virtual Program: 12:00 - 1:15 p.m.

MCLE: 1 Hour of Wellness Competence

To receive MCLE credit, you must sign in during the designated MCLE registration period. This activity is approved for Minimum Continuing Legal Education credit by the State Bar of California.

BASF is a certified provider. Provider #103

Pre-registration is required.

Virtual Program

Zoom link will be provided prior to program.

Cost

Free for BASF Members

\$50 for Non-Members

Viewing Options



Live Webcast available, register at
www.sfbbar.org



Webcast Recording will be available.
Register separately on our online platform.

Special Requests:

People with disabilities should contact BASF regarding reasonable accommodations at events@sfbbar.org.

Register online: www.sfbbar.org/calendar

Event Code G257022K