

Ian Wagreich Speaks on Attorney Well-Being at AILA 2026 Midwinter Conference

Event

Mar 6, 2026

Chicago, Illinois

Chicago-based partner Ian Wagreich will present at the American Immigration Lawyers Association (AILA) 2026 Midwinter Conference and Webcast in Chicago on March 6, 2026. He will serve as a panelist for the advanced-level session “Thriving in Immigration Law: Tools for Well Being and Resilience (Ethics – Mental Health).”

This forward-looking session will explore practical strategies for sustaining resilience and promoting mental wellness in high-intensity legal practices. Discussion topics include:

- Use structured workflows and checklists to reduce decision fatigue
- Turn conflicts into collaboration to improve team communication
- Leverage legal tech to streamline case prep and automate routine tasks
- Build a peer support network for professional and emotional resilience
- Practice daily mindfulness to boost focus and manage stress
- Spot early signs of burnout and vicarious trauma
- Celebrate small wins to stay motivated and engaged

For more information, [visit the AILA’s website](#).

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