

Victorian Women Lawyers Wellbeing Series

Part 1: THE ROAD TO RESILIENCE IN LAW

VWL is proud to announce the first stage of its flagship Wellbeing initiative – an in-depth panel discussion on resilience in the law.

Featuring leaders in the legal and health industries, working in the areas of wellbeing and mental health, the panel will consider how people working in, and studying, the law can equip themselves with the skills to build resilience, maintain wellbeing and reduce and manage stress/mental illness throughout their careers.

Wellbeing and resilience are increasingly recognised as imperative to building and maintaining a successful and rewarding career, especially for women working or studying in the legal field. This discussion, which is run jointly by the VWL Executive and Networking Committee, is the first in a series of events which will focus on wellbeing in the law as a long-term commitment, and not just a short-term solution.

Please join us for an evening of lively discussion on this very important topic.

Date - Wednesday, 13 June 2018

Time

5:30pm - Registrations and light refreshments

6:00pm - Panel discussion commences facilitated by Executive Committee member Vanessa Shambrook and Founder of the Peace Lab, Elva Zhang

7:30pm - 7:45pm - Time for discussion and networking with guests

Location - Wotton + Kearney, Level 15, 600 Bourke Street, Melbourne

Registration - www.vwl.asn.au/events

HON. ASSOCIATE JUSTICE IERODIACONOU

The Hon. Associate Justice Ierodiconou is an Associate Judge of the Supreme Court of Victoria. Before her appointment to the Court in May 2015, Associate Justice Ierodiconou was a founder and Managing Partner of a leading employment law firm.

Associate Justice Ierodiconou has been a member of the Law Institute of Victoria Council, where she dedicated her maiden speech after election to the importance of flexibility and mental health in the legal profession. She was also a member of the Law Institute of Victoria Steering Committee for Mental Health in the Legal Profession.

Associate Justice Ierodiconou has published extensively on mental health including articles to do with disclosure, unlawful discrimination and the importance of raising awareness of mental health issues.



MARK LEE

Mark Lee is a Clinical Psychologist with over 15 years of experience in the treatment of psychological disorders and also maintains an ongoing role as a presenter and training facilitator specialising in organisational mental health and wellbeing. A member of the Australian Psychological Society, Mark's ongoing research interests include wellbeing within the Australian legal profession.

Above all Mark is a passionate and motivated educator who aims to provide insightful, engaging training in the context of promoting wellbeing in the workforce and increasing motivation.



NATALIE CAMPBELL

Natalie Campbell, is a member of the Victorian Bar with a background in matters involving public, commercial, industrial and employment law. Prior to coming to the Bar, Natalie practised as a solicitor and in-house counsel across multiple government agencies, and was the Associate to Justice Jessup of the Federal Court of Australia.

Natalie recently Co-Founded Compos Mentis, a podcast about wellbeing for lawyers. She is passionate about addressing the increased mental health risks of the legal industry and supporting peers to manage and avoid work related stress, depression and burnout.

