

# Remaining Resilient

## *Online Panel Discussion & Mental Health Workshop*

Victorian Women Lawyers (VWL) is proud to invite you to a discussion on Remaining Resilient when searching for, and securing your first position in your career. This discussion will also feature a 20-minute Mental Health Workshop with **Andrea Phillips**, Lecturer of the Mental Health First Aid Program at the College of Law.

VWL's theme for 2021 is Resilience and Re-emergence. We are passionate about supporting young lawyers and graduates at the beginning of their career. This event was specifically created to support students and graduates prepare for the competitive legal professional environment, especially so in the new COVID 'normal' to equip them with the tools they need to develop their resilience and maintain their wellbeing and self-care.

Our panelists offer tips, tricks and their own experience on prioritising health during the clerkship / graduate application process, and offer particular guidance on navigating your new career whilst adapting to working during a pandemic.

This panel is facilitated by **Bonnie Phillips**, Deakin Law School Alumni Chapter President and Principal Lawyer, Head of Family & Relationship Law Coulter Roache.

Panel speakers include:

**Louise Hvala:** CEO Gatehouse Legal Recruitment & Alifery, VWL Networking Committee Member

**Joanna Abraham:** Lecturer at the College of Law, Immigration & Refugee Lawyer, Co Chair of the VWL Diversity & Inclusion Committee

**Andrea Phillips:** Lecturer at the College of Law, Teaching Associate and Mindfulness Tutor at Monash University with degrees in psychology and law.

VWL acknowledges the Wurundjeri people of the Kulin nation who are the traditional custodians of the land on which we will be meeting. VWL would also like to pay respect to the Wurundjeri Elders, past and present.

**When:** Wednesday, 4 August 2021 6:00pm to 7:30pm.

**Where:** Online - a Zoom link will be sent to participants prior to the workshop

**Cost:** FREE

**Register** via our website

This event is proudly sponsored by  
Deakin University – Law School

