



vwlist

Welcome to the October edition of VWList 2021. Keep up to date with our activities via our [Instagram](#), [Facebook](#) and [LinkedIn](#) page. Don't forget to tag your posts with #victorianwomenlawyers!

EVENTS



WOMEN IN LAW WITH DIVERSE ABILITIES

We have received an overwhelming amount of positive feedback on our recent panel discussion hosted in partnership with the Disabled Australian Lawyers Association (DALA). This event included a panel of women in law with disabilities. This discussion shed light on the importance of sharing experiences of disabled lawyers and how we can work together to make our workplaces actually inclusive and supportive.

Panelists discussed their experiences of living with an illness or disability, and the barriers faced by women in law. They also discussed how the profession could be inclusive and provided some practical advice on how to

VWL AGM & 25TH ANNIVERSARY KEYNOTE

Please join us on **Wednesday, 24 November 2021 at 5:15pm** for the 2021 Annual General Meeting (AGM) of Victorian Women Lawyers Association Inc (VWL).

The AGM is free to attend and VWL encourages all members to attend the AGM.

Following the AGM, VWL is delighted to present a short keynote video in celebration of VWL's 25th Anniversary presented by key female leaders in our profession, and current and former leaders of VWL.

Please register your attendance via our website [here](#) by 23 November 2021.

AUSTRALIAN WOMEN LAWYERS AGM

We are delighted to share that Australian Women

PUBLICATIONS

ACCORDING TO MERIT: HOUSING NOT PRISONS NEEDED

This month VWL member Madeleine Mylrea has contributed an article to the Law Institute Journal about the expansion of the Dame Phyllis Frost Centre.

You can view the article [here](#).

VWL will soon host a panel discussion on this topic - stay tuned!

SPONSOR NEWS

SPONSOR SPOTLIGHT

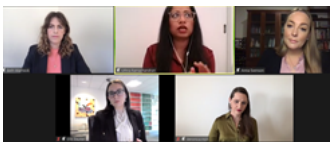


VWL thanks our sponsors for their ongoing support.

implement appropriate flexible and remote working conditions in the current landscape. This included unlearning any subconscious ableism, which causes us to see disability as a negative.

The panelists comprised of Ella Alexander, Special Counsel at Makinson d'Apice Lawyers, Kate Lunn, an associate at Johnson Winter & Slattery, and Georgia Mort, a third year solicitor at Berger Kordos Lawyers. The discussion was hosted by Shivani Pillai, barrister and presenter.

The recording will be uploaded to our website [here](#) shortly.



COMING TO THE BAR

VWL was proud to partner with Svenson Barristers and the Women Barristers' Association in presenting its Coming to the Bar panel discussion and networking event.

The panelists shared an inside view of life as a barrister, including the Bar readers' course, the Bar exam and more. The panel discussion was moderated by Anna Svenson, Director and Principal Clerk of Svenson Barristers.

Lawyers' (AWL) AGM will be held digitally this year.

The AGM will again be free for registered attendees.

The AGM will proceed on **Tuesday 23 November 2021**, commencing at **6:30pm** Australian Eastern Daylight Savings Time via Zoom with members able to participate virtually or via the submission of a proxy.

Join on 23 November 2021 via the AWL website [here](#).

NEWS



VWL WANTS TO HEAR FROM YOU

As part of VWL's commitment to providing valuable content, events and projects, we are asking Victorian legal community to take five minutes to answer a quick survey.

Survey answers are anonymous and, as an added incentive, respondents have the option to enter into a prize draw to win one of five \$100 Visa gift cards

Complete the survey [here](#)

MENTORING SPOTLIGHT - MENTEE BRIDGET COUTTS AND MENTOR EMILY BOOTH

Each month we celebrate the achievements and people of our sponsor firms by spotlighting their leading female lawyers.

For the month of October we spotlight Anna Svenson, Director and Principal Clerk of Svenson Barristers.

Her full interview can be read [here](#).



REGIONAL AND SUBURBAN TIP OF THE MONTH

VWL and the College of Law have partnered to bring you tips and advice each month from leading female-identifying regional and suburban lawyers. This month's tip comes from Justine Finlay, Managing Director of Wightons Lawyers.

To those who are new to a regional area look at getting involved with a community organisation or sporting group. Make sure that it is a group that you are passionate about or a sport that you are interested in. This is a great way to meet people in the area, to understand how the community works and to grow your network, not only professionally but for your personal benefit. As a lawyer you have a skill set that the group can benefit from and you will get so much out of being part of a community organisation.

JUST ASK JUSTITIA

You can watch the recording [here](#).



ALTERNATIVE LEGAL CAREER PATHWAYS

VWL's four week alternative legal careers pathway series has now wrapped up, with our final interview on Wednesday, 20 October with Fiona Lang, General Manager of BBC Studios Australia & New Zealand (ANZ).

If you missed the series, these interviews have been uploaded to our [Instagram profile page](#) and can be viewed by all.

VWL RUN CLUB

To promote health and wellbeing, the VWL Networking Committee invites you to join our Run Club!

In line with current health restrictions, we have suspended our Run Club. However we encourage you to sign up to join our Run Club LinkedIn group to stay up to date with our current runners and tips on staying motivated during these challenging times.

All levels of running are welcome! Sign up on our website [here](#).

Bridget Coutts is a lawyer with Westminster Law, and Emily Booth is special counsel at Holding Redlich. We thank them for sharing their experience in the VWL & WBA Mentoring Program, which you can read below:

What did you learn from your mentor/mentee?

Emily: I learnt a lot from Bridget about what it takes to get a clerkship in 2019/2020 (extreme perseverance!) and about some sub-optimal experiences Bridget had in interviewing for various positions and placements that did not always cast a good light on the profession.

What was the most helpful advice given that you wish to share with others?

Bridget: Emily emphasised the importance of a positive-work life balance. Emily and I share a passion for the Carlton Football Club and sport in general. I think all young lawyers would benefit from engaging in hobbies outside of the law to promote positive wellbeing.

Would you recommend a mentoring relationship and why?

Emily: Yes, I learnt a lot from my mentoring relationship, and I wouldn't assume this only goes one way. It is beneficial to know what new law graduates and students are going through to get into the profession so you can relate that experience back to junior lawyers at your own firm. It's helpful for mentees to see their mentors as living examples.

Where are you now because of the mentoring

Justitia Lawyers & Consultants held their 10th session of 'Just Ask Justitia' on Friday 15th October at 11am.

This session was hosted by Managing Partner of Justitia Sarah Rey, and Partner Melissa Scadden.

This session was centred on local government, with a focus on conflict resolution and how to build effective working relationships amongst Councillors, and between Councils and CEOs.

You can watch the recording when available [here](#).

SPRING MATERIAL

Spring Listens

- *Life Uncut* by Brittany Hockley and Laura Byrne;
- *Unlocking Us* with Brene Brown;
- *Common Chaos The Podcast* by Cartia Mallan & Ashton Wood;
- *The Nutrition Coach* by Susie Burrell & Leanne Ward;
- *Something Was Wrong* by audiochuck

Is music more of your jam to unwind? Try some pre-set Spotify playlists like 'Chilled Hits', 'Morning Motivation', 'Have a Great Day!' and 'Unwind'

Spring Reads

- *Apples Never Fall* by Liane Moriarty;

relationship?

Bridget: Despite my relocation to regional Victoria, and the onset of COVID-19 in 2020, Emily and I have maintained regular contact. It has been fantastic to return to Melbourne and know that we will be able to catch up and attend future VWL events together. When I was admitted as a lawyer in March 2021, Emily was one of the first people I shared this special news with.

MENTAL HEALTH

LIV WELLBEING IN THE LEGAL PROFESSION SURVEY

VWL commends the LIV for preparing a survey earlier this month that measured the awareness and adequacy of health and wellbeing support services.

50.8% of respondents identified managing a work-life balance was a challenge to their wellbeing.

Other common challenges were:

- Managing work demands (identified by 46.4% of respondents)
- Anxiety (38.5% of respondents); and
- Feelings of being overwhelmed (37.1% of respondents).

You can read the full report [here](#).

- *Our Sunburnt Country* by Anika Molesworth;
- *The Good Life* by Hannah Moloney;
- *Dissolve* by Nikki Gemmell

Mental Health Support

- *Coronavirus Mental Wellbeing Support Service* [1800 512 348](#)
- *Smiling Mind* meditation app
- *Mind-spot* online free mental health clinic - 1800 614 434
- *Beyond Blue Coronavirus Mental Health Support Service* - 1800 512 348

Victorian Women Lawyers acknowledges the traditional Aboriginal owners of country, recognises their continuing connection to land, water and community and pays respect to Elders past and present.



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