

# Work, Wellbeing and Health Hacks for Junior Lawyers

VWL, in collaboration with Brave Legal and Clarence, are proud to present the event of the season for junior lawyers. Our incredible talented Panel of lawyers, or recovering lawyers, will speak to their experience about navigating the scary world of being a junior lawyer and will share some hacks that they have picked up along their journey to help you make the change from **surviving** your junior years to **thriving**. This Panel will be moderated by Bree.



**Meg Crawford** joined Justitia as Special Counsel in September 2022, bringing just over two decades of employment-law experience with her. In 2014, Meg took a sojourn for a few years, working as the Lifestyle and Music Editor for Time Out Melbourne. She continues to freelance as a journo and writes fiction part-time. She finds that both careers rely on an abundance of curiosity and the capacity to skilfully shape the narrative.

**Chami Rupasinghe** is all about breaking the mould. A lawyer, social entrepreneur, creator, and passionate speaker, she is fuelled by her unwavering belief in the transformative power of knowledge. Chami is the founder of Law Wise Youth, a charity with the purpose of bridging the gap between the classroom and the real world by equipping, educating, and empowering young people with legal and life skills.



**Sashi Perera** is a Sri Lankan Australian comedian, writer and recovering lawyer. In 2023, she was nominated for Best Newcomer at the Melbourne International Comedy Festival for her debut show 'Endings' which sold out. The improviser and yarn spinner was featured as 'One to Watch' at the UK Funny Women Awards and hits stages at home and around the world in 2024 with her second show 'Boundaries'.



**Craig Evans** is a Lawyer in Arnold Bloch Leibler's Dispute Resolution & Litigation practice. He has experience in cyber fraud, shareholder disputes, class action proceedings, insolvency, white collar crime and general commercial litigation. Before joining the firm in 2020, Craig had a successful career as an actor, comedian, and commercial radio announcer.



**Bree Knoester** is the Principal Lawyer and Founder of Brave Legal. Bree launched her Brave Legal in 2021, amidst a pandemic and with two small children in tow but she wanted to create a firm that housed the best lawyers who delivered legal services in a caring and compassionate way. Brave Legal has won awards for its employee wellbeing programs for the past two years.



## DATE

Tuesday, 4 June 2024

## TIME

5.30pm - 7.30pm

## LOCATION

Clarence, Level 11, 456 Lonsdale Street  
Melbourne VIC 3000

## TICKETS

Inclusive of drinks and nibbles

Member: Free

Non-member: \$15

Tickets are limited so register here to secure your place at this event: [www.vwl.asn.au/events-3](http://www.vwl.asn.au/events-3)

This event is proudly sponsored by:

**BRAVE**  
LEGAL

**CLARENCE**