

**To: Beth Moeller, NALP President**

**Eric Bono, Board Liaison**

**Fred Thrasher, NALP Deputy Director**

**NALP Board of Directors**

**From: Terrene A. Burke, Chair, Lawyer and Law Student Well-Being Interest Group**

**Date: January 31, 2021**

**RE: Lawyer and Law Student Well-Being Interest Group – Q3 Board Report**

---

The Lawyer and Law Student Well-Being Interest Group has been busy during the end of 2020 and January of 2021 working on our two current projects. On January 11, 2021, we held our third quarterly call, during which we did a brief recap of completed and on-going items during the last few months.

#### Wellness Fundamentals - Well-being Circle

The WBIG has developed and instituted well-being circles called Wellness Fundamentals. A well-being circle is modeled after mentoring circles, in which groups will meet to check-in with each other, discuss relevant topics of interest, and share tools with others in the group to help navigate our own well-being. We held our first Wellness Fundamentals meeting on December 14, 2020. There were over 20 attendees at the meeting. During the meeting, we discussed why conscious breathing is proven in reducing anxiety and stress, the proper technique for deep breathing, and we did a brief breathing exercise. The topic for discussion was tools for maintaining good work/life balance while working from home, including challenges, and tips and tricks to counteract bad habits. The next Wellness Fundamentals meeting is tentatively planned for February, though at this time a date has not been confirmed.

#### Best Practices Guide and Resource List Work Group

The work group has been hard at work collecting information and drafting the Best Practices Guide and Resource List. We have a skeleton outline of the best practice guidelines, and a full list of resources. As part of the drafting process, we solicited volunteers to speak with members of the Best Practices work group to provide input on how their organization developed, instituted, and structured a wellness program. We are in the midst of conducting those interviews, there are a total of nine people who volunteered to provide input, we've held approximately half the calls already and the rest will be complete by February 9, 2021. The next step in the process is to compile and condense the information we've received into the skeleton draft of the Guide. From there we expect to go through several rounds of revisions before submitting a final draft the Board for review. Please note that Dana Taylor who was vice chair of this work group has left her role at Stoel, and has left the WBIG group. She did great work on the initial skeleton outline of the Best Practices Guide, but will be unable to continue working on this project going forward as of January 28, 2021.

### Membership Development and Environmental Scanning

We plan to continue to encourage members to join the group through NALP Connect and are pleased to report that we have grown to over 165 members in the NALP Connect group. We will be posting resources (articles, websites, podcasts, etc.) and information about well-being related programming on a regular basis.

During the recent quarterly call while doing some environmental scanning, we discussed practical ways folks are incorporating wellness initiatives during first year associate orientation programs, particularly for virtual orientation programs.