

**TO:** Cassandre Stump, Board Liaison

**CC:** Fred Thrasher, Deputy Director

**FROM:** Emily Udell, Newer Professionals Section Co-Chair  
Valerie Gurrola, Newer Professionals Section Co-Chair

**DATE:** March 20, 2026

**RE:** NALP Newer Professionals Section Quarterly Board Report, March 2026

---

### **MEETING SCHEDULE**

Wednesday, June 4, 2025 at 2 p.m. ET / 1 p.m. CT / 12 p.m. MT / 11 a.m. PT.  
Wednesday, September 17, 2025 at 2 p.m. ET / 1 p.m. CT / 12 p.m. MT / 11 a.m. PT.  
Thursday, January 15, 2026 at 2 p.m. ET / 1 p.m. CT / 12 p.m. MT / 11 a.m. PT.  
Wednesday, March 11, 2026 at 2 p.m. ET / 1 p.m. CT / 12 p.m. MT / 11 a.m. PT.

### **2025-2026 VICE CHAIRS FOR THE NEWER PROFESSIONALS SECTION**

#### **Our Vice Chairs for the 2025-2026 Year are as follows:**

- Bulletin+ Article Planning: Seth Mills
- Expert Conference Calls / Webinars / Advice / Q&A with an Experienced Professional: Precillia Soares and Luke Lemmeier
- NALP Integration/Member Relations: Samantha Nguyen
- Annual Education Conference Planning: Bryant Park
- NALP Mentor Program: Ella Beilman
- Well-Being Champion: Erica Peacock
- DEI Liaison: Christopher Neal

#### **Open Positions:**

- None

### **LIST OF ANY ARTICLES YOUR SECTION HAS WRITTEN (OR PROPOSED)**

#### **Written:**

- Mock Interviews Matter: October issue, Due Aug 15 By Liz Solar
- Well-Being for Career: Nov issue, Due Sept 15 By Kendra Brodin
- My First Year with NALP: Dec issue, Due Oct 13 By Amanda Young
- What I Learned From NALP: Jan issue, Nov 14 By Tracey Johnson and Swati Parikh
- Navigating the Unwritten: A Newcomer's Guide to Law Firm Etiquette: Jan issue, due Nov 14 By Emily Udell and Stacey Kielbasa

- Perspectives: Reframing the role of career counselor for your own sanity!: Feb issue, due Dec 15 By Leslie Scolnick Hauser
- Maximize Your Connections: Harnessing NALP for Networking Success: March issue, due Jan 15 By Emily Udell and Valerie Gurrola

**Upcoming:**

- The Anatomy of Mentorship: Crafting Programs That Connect and Inspire: April issue, due Feb 16 By Emily Udell

**MARCH SECTION MEETING**

Our most recent section meeting took place on Wednesday, March 11, 2026, via Zoom with the following attendees:

1. Emily Udell
2. Valerie Gurrola
3. Zachary Hunter
4. Mya Taylor
5. Cassandre Stump
6. Erica Peacock
7. Taryn Hersch
8. Nicole Sipko
9. Anthony Lombardi
10. Alison DeBelder
11. Kristin Lanouette
12. Hannah Alicea
13. Chloe Capuder
14. Kenyan Ingram
15. Ellen Tombaugh
16. Milica Bosnjak
17. [BTemburni@crowell.com](mailto:BTemburni@crowell.com)
18. Susan Harding
19. Lauren Keiser
20. Nicole Frenricks Jackson
21. Cherish Dean
22. Valerie Hawley
23. Carole Yeatts
24. Brooke Sedita
25. Husniyah Bradley

## MARCH MEETING AGENDA

### Well-being exercise led by Erica Peacock, our Well-Being Champion

- Erica invited attendees to check-in and first write in the chat: “One word to describe how we are arriving today”
  - Responses:
    - Tired 😊
    - Happy!
    - Sleepy
    - spring fever
    - Busy!
    - Content
    - Tired!
    - exhausted
    - Tired!
- Then, write in the chat: “One sentence with one resource getting you through right now”
  - Responses:
    - Amy Pohler podcast: “Good Hang”
    - budgeting out my overtime money towards hobbies and clothes
    - My family 😊
    - My friends!
    - Social connections - seeing friends, colleagues, and all of you!
    - Outside walks!
    - Coffee and great coworkers
    - cup of tea
    - Friends and family
    - Taking time to be outside

### Board Update

- Board Update from Cassandre
  - Financial status
    - Great shape, organization is performing well
  - NALP is hiring
    - New assistant manager of member services in the DMV area
  - Upcoming events: 2026 AEC; RFP processes open for 2026 PDI & 2027 AEC
    - Main room block is full for 2026 AEC
  - Looking Ahead & Elections: Vote March 4-18
    - The incoming President shared a vision for the upcoming year
    - Email Mike directly to be more involved in NALP
    - Info about elections was sent out in February, voting started, and due in a week
  - NDLE: keep completing NDLE forms–vital resource!

## Newer Professionals Section Vice Chair Updates

- Bulletin+ Article Planning:
  - Seth Mills [Seth.Mills@nyls.edu](mailto:Seth.Mills@nyls.edu) (Not Present)
  - Lots of great articles came from this section this year.
- Expert Conference Calls / Webinars / Advice / Q&A with an Experienced Professional:
  - 1) Precillia Soares [Precillia.Soares@hklaw.com](mailto:Precillia.Soares@hklaw.com) (Not Present)
  - 2) Luke Lemmeier [lleimmeier@jonesday.com](mailto:lleimmeier@jonesday.com) (Not Present)
- NALP Integration/Member Relations:
  - Samantha Nguyen [SNguyen@hansonbridgett.com](mailto:SNguyen@hansonbridgett.com) (Not Present)
- Annual Education Conference Planning:
  - Bryant Park [BP41@mailbox.sc.edu](mailto:BP41@mailbox.sc.edu) (Not Present)
  - Three programs for the AEC have come out of this section. Check them out if you will be at the conference!
- NALP Mentor Program:
  - Ella Beilman [ebilman@fbtlaw.com](mailto:ebilman@fbtlaw.com) (Professional Development & Integration Coordinator at Frost Brown Todd LLP  
<https://www.linkedin.com/in/ella-beilman/>) (Not Present)
- Well-Being Champion
  - Erica Peacock [peacocke@gonzaga.edu](mailto:peacocke@gonzaga.edu)
- DEI Liaison: Christopher Neal [christopher.neal@temple.edu](mailto:christopher.neal@temple.edu) (Not Present)

## General Items:

- NALP Bulletin+ Authors Needed
  - Emily and Valerie co-authored an article published recently in the March issue, and can answer questions for those interested. It's a straightforward process with simple instructions to follow.
- RFP Process open for [2026 PDI](#) and [2027 AEC](#) (All proposals must be submitted using the online system.)
  - 2026 Professional Development Institute will be held December 3-4 in Washington, DC
    - Important dates
      - May 15 – proposals due
      - July 31 – all applicants will be notified about the status of their proposal
      - December 3-4, 2026 – Professional Development Institute in Washington, DC
    - Note: You are welcome to submit more than one proposal but each proposal requires a separate online submission.
  - 2027 Annual Education Conference will be held on April 13-16 in Seattle, Washington
    - Important dates
      - July 1, 2026 — proposals due

- October 31, 2026 — all applicants will be notified about the status of their proposals
    - April 13-16, 2027 — Annual Education Conference
  - Open Discussion
    - Suggested Topics:
      - Question posed to the group: “Leveraging Technology - Has anyone been using AI in a new/exciting way? Do you use any tools to your benefit?”
        - Responses:
          - Just downloaded Claude...
          - Starting job descriptions to then clean up
          - To search for custom open job positions...
          - I just chat gpt to craft emails.. "how do I calm down this student?.."
          - Chat is great for helping students do mock interviews outside of our office time
          - Erica’s school got a new subscription to Grammarly and I think that still counts as AI help!
          - DWT has its own version of AI and prompts to specifically give mock interview questions.
      - Question posed to the group: “ Going to the AEC for the first time, do you have any questions?”
        - Cassandre offers some wisdom. Says that it can be overwhelming, but there are lots of volunteers who are willing to help answer questions, offer guidance, etc. It’s also okay to decompress and take a break. Don’t be afraid and pace yourself.
      - Nicole asked about the mentorship program because they’ve been nonresponsive. Emily offered to follow up with Mentorship Vice Chair POC and invited others to be a mentor or mentee.
        - Emily connected Nicole with a mentor following the meeting.
- Update from Conference Calls / Webinars:
  - The Work Group held a webinar on February 19 titled “Be Your Own Coach: Proven Strategies from the Experts”. The description focused on building a career with the intention of using coaching tools, goal setting, and relationship building. It also touched on mentorship, both formal and informal, and asking for feedback/advocating for your career development. We had speaker guests from Latham and Holland & Knight, along with Frannie De Simone, Precillia Soares, and Luke Lemmeier moderating and contributing. The audience was engaging with questions spoken and in the chat during the program, and it was well-received.