

## MEMORANDUM

To: NALP Board of Directors

From: Shannon Callington, Co-Chair, Well-Being Section  
Yoonhwi Cho, Co-Chair, Well-Being Section

Date: July 1, 2025

RE: Well-Being Section Q2 Board Report

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### I. Section Meetings

The Well-Being Section will have a general meeting every other month on the third Tuesday of the month. We held an introductory meeting with the Vice Chairs on June 4, 2025, which we discussed past year's activities and efforts, and the cadence of and approach to our meetings for 2025-2026. We also held a general Section meeting on Tuesday, June 17, 2025. Five NALP members were in attendance. As a certified yoga instructor, Shannon Callington started this meeting with a breathing exercise for a mindful meditation and relaxation. Other agenda items included:

- Introductions and welcomed new members;
- Updates from Well-Being Champions and Vice Chairs;
- Brainstormed RFPs for the Bulletin and 2026 AEC; and
- Information gathering from members on what they hope to gain from the section this year.

### II. Well-Being Champions

We have received confirmation of three Well-Being Champions to date. The co-chairs recently received the list of past Well-Being Champions and will reach out to the former Champions in July on their interest to serve the role again for 2025-2026.

<b><u>SECTION</u></b>	<b><u>WELL-BEING CHAMPION</u></b>
Canadian	
Diversity, Equity, & Inclusion	Nada Llewellyn, Chief Inclusion Officer, Herbert Smith Freehills Kramer
Experienced Professionals	
International & Advanced Degree Advising and Recruiting	
JD Career Advisors Section	Patrick Niebauer, Assistant Director and Pro Bono Coordinator
Judicial Clerkship Section	
Law Student Professional Development	
Lawyer Professional Development	
Legal Employer Alumni Relations/Programs	
Newer Professionals	
Public Service	

Recruiting	
Small and Solo Career Services Offices	
Small and Mid-Size Firm	Sherry McLamb, Professional Development Coordinator, Smith Law
Lawyer Onboarding & Integration Interest Group	

### III. Work Groups & Charges

#### A. Annual Education Conference/*Bulletin+* Article and Webinar Planning

The members brainstormed potential RFP topics for the AEC and *Bulletin+* at our general Section meeting in June. We identified two potential topics for the AEC and one potential topic for the *Bulletin+*. Relatedly, we explored the idea of creating an online shared document to collect topic ideas and speaker recommendations from members on an on-going basis.

We received an interest from a member to serve as the Vice Chair of this charge.

#### B. Wellness Fundamentals / Well-Being Circles. Vice Chair: Kendra Brodin, EsquireWell

On May 20, 2025, Kendra Brodin hosted a Well-Being Circle with guest speaker, Monica Auslander Moreno, MS, RDN on a topic dear to many legal professionals, caffeine. As a registered dietitian, Monica discussed how caffeine can be both a helpful tool and a potential hidden saboteur to our productivity, focus, and well-being. At this meeting, we discovered:

- The science of how caffeine impacts your brain, mood, and performance;
- The best times of day to consume caffeine to avoid energy crashes and sleep interference;
- How much caffeine is too much - and how to spot signs of overuse or dependence;
- Ways to reduce caffeine without losing productivity; and
- How to incorporate caffeine mindfully into a sustainable well-being plan.

#### B. Recruitment Process. Vice Chair: Tara Rhoades, The Sanity Plea

For this quarter, the group had a meeting to discuss updates to the Guide to Well-Being in the Recruitment Process. The group reviewed talking points and Tara Rhoades collected input from the group. As a follow up, Tara circulated a revised draft to ask the group for further input and comments from the group. Tara is currently in the process of reviewing and reflecting the second round of input.

### IV. Well-Being Initiatives Within Sections and Affinity Groups

The Hispanic/Latinx Affinity group invited the Well-Being co-chairs to join their June meeting. This collaboration is currently being rescheduled due to conflicting commitments.