

To: Traci Mundy Jenkins, NALP President
Rebecca Calman, Board Liaison
Fred Thrasher, NALP Deputy Director
NALP Board of Directors

From: Terrene A. Burke, Co-Chair, Well-Being Section
Marta Galan Ricardo, Co-Chair, Well-being Section

Date: February 3, 2022

RE: Well-Being Section – Q3 Board Report

The Well-Being Section has continued working on several charges and projects during the third quarter of the 2021 – 2022 cycle.

We held the Section's third quarterly call on January 31, 2022, attendance (23 attendees) at the meeting increased compared to attendance at the Well-being Interest Group meetings throughout the 2020-2021 year and the first two quarterly meetings. During the meeting, we shared updates from work group Vice Chairs and discussed upcoming projects.

AEC/Bulletin+/Webinar Education (Vice-Chairs – Hannah Fabrikant and Brittany Schmidt)

The Section is planning two webinars during the fourth quarter of the business cycle. The first is on preparing and planning for Well-Being Week in the Law and the second is on the recommendations proposed by the New York State Task Force on Well-Being, including a recommendation related to billable hours.

Wellness Fundamentals - Well-being Circles (Vice-Chair – Kendra Brodin)

On November 18, Kendra Brodin hosted a well-being circle on Sleep: Your Secret Weapon (Physical Dimension of Well-Being). The group discussed ways to create more scheduled sleep patterns. On December 16, the topic was Handling the End-of-the-Year Chaos with Greater Peace and Presence (Social Dimension of Well-Being). We are also working on a collaboration with the Diversity Section. There are Well-being Circles scheduled through May 2022, one per month, the next Circle meeting is scheduled for February 22, 2022.

Best Practices Guide and Resource List (Vice-Chair – Julie Anna Alvarez)

This project is on-going and the work group is still currently in the writing stage incorporating the feedback received from the interviews conducted into the first draft Guide outline. As work progresses we expect reviews and revisions to take place before submission.

Well-being in the Recruitment Process (Vice-Chair – Karen Eisen)

This work group is pursuing the suggestion to survey school members regarding well-being initiatives at law schools. We re-visited the survey in our Third Quarterly call. We hope to coordinate any survey activities for firms in this area with the updated NALP form.

Well-being Communications (Vice-Chair – TBD)

Three Wellness Checks submissions were submitted in January – one about keeping resolutions from Caroline Menes of Sheppard Mullin and two on self-care by Karen Eisen of Brooklyn Law School, the Well-being in the Recruitment Process Vice Chair. We also plan to use two of the Wellness Checks to highlight the upcoming webinars and boost attendance.

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 241 members in the NALP Connect group. We've increased membership by over 60 people since the beginning of the year. At the beginning of the third quarterly call we did a welcome to all new Section members.

Knowledge Management

We are moving forward with creating a list of wellness contacts at firms and schools and hosting it in the Well-being Section's NALP Connect Library. It would be completely voluntary to add oneself to the contact list and also unofficial. Britt Schmidt has volunteered to coordinate this project and will begin collecting information. This would be a document that would need periodic review and updating. We suggest once a business cycle.