

**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: March 16, 2022**

**RE: Well-Being Section – Q4 Board Report**

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The Well-Being Section has continued working on several charges and projects during the fourth quarter of the 2021 – 2022 cycle. We are working to wrap up projects by the end of the business cycle and transition projects that are on-going.

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

The Well-being Section is hosting a webinar on March 17, 2022 on preparing and planning for Well-Being Week in the Law with panelists Anne Bradford, Jeanne Picht and Jordana Confino. We have 139 registrants for this webinar and are excited for the planned agenda.

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

On February 22, 2022 the Well-being Section hosted it's latest well-being circle on the topic of nutrition with guest Kristin Rowell. We had over 30 attendees at this session. There was very active discussion as we discussed resources, tools and shared ideas on good nutrition. A re-cap and a round-up of mentioned resources was shared through the Well-being Section NALPConnect group. The next Well-being Circle is scheduled for March 22, 2022. There are also Well-being Circles scheduled for April 19, 2022 and May 17, 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. Wendy Chaite and Tasha Everman volunteered to draft the survey questions for this survey.

Well-being Communications (Vice-Chair – TBD)

The upcoming March Wellness Check in the March 17 edition of NALP Now was written by Robin Belleau of Kirkland Ellis and will spotlight Kirkland's well-being initiatives.

### 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 250 members in the NALP Connect group. We've increased membership by 10 additional member since our last Board Report. 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, Britt Schmidt volunteered to coordinate and collate this resource. This would be a document that would need periodic review and updating. We suggest once a business cycle.