

December 15, 2021

**2022 ACC Chapter Grant Proposal  
ACC Southern California Attorney Well-Being Program**

**I. Introduction**

The ACC Southern California Chapter launched its Attorney Well-Being Committee in 2019 an Internship Committee whose purpose is to provide activities, information, resources, and support focused on managing stress, work-life balance increasing resilience, and creating and maintaining a healthy lifestyle (the “Program”).

In 2021, the ACC Southern California Chapter was awarded the Innovative Programming effort for this Program based on the creative well-being focused activities the Chapter continued to provide despite the many challenges presented by the COVID-19 Pandemic.

This grant proposal seeks funding from ACC for the 2022 Program which will seek to (i) initiate a comprehensive survey of the well-being issues facing corporate counsel as the corporate workplaces and manner of working evolve as a result of the COVID-19 Pandemic; and (ii) launch specific ongoing programs that promote corporate counsel well-being including those that can be done in partnership with chapter sponsors.

We are seeking the support of ACC to assist in launching our 2022 Program while we identify chapter sponsors to fund well-being programs fully or partially in the coming years. This request is for a grant in the amount of \$6000.

**II. Program Description & Purpose**

The Program is a well-being initiative that spans two key areas that are especially important as we continue to face challenges highlighted by the COVID-19 Pandemic.

**Well-Being 2022 Part 1: Comprehensive Survey.** The first part of the Program is a comprehensive survey of well-being issues facing our 1500+ members which span a large, diverse region across Southern California. We have a robust, active Attorney Well-Being Committee membership, but these are mostly members that have already adopted well-being practices.

We will interview corporate counsel of various levels from a geographically and otherwise diverse selection of our members to understand (i) what well-being issues corporate counsel are currently encountering, (ii) what barriers exist to making positive changes; (iii) what are best practices that have been adopted; and (iv) what specific recommendations can be made to corporate legal departments that will support the well-being of their members.

We are aware of work being done by the Institute for Well-Being in Law but believe it has more of a policy and law firm culture focus, while our initiative will focus solely on corporate counsel.

December 15, 2021

The funding will be used to provide incentives for personnel from corporate legal departments to speak with us by providing modest hospitality such as coffee, tea, or lunch as part of our discussions as well as gift cards or trial memberships for well-being related activities.

We realize that online/email surveys may have been done on this topic and that will be one part of our initiative, but we believe the way to truly understand what the current well-being issues are is by sitting down face to face, when possible, to discuss these issues in person.

The timeline for Part 1 of this Program is six months. Our intention is to share the results with ACC Southern California members in an aggregated manner including best practices, always preserving the confidentiality of those who participate. We also see this as potentially a pilot for a national or international program that could be launched in partnership with the ACC Global Wellness team.

### **Well-Being 2022 Part 2: Ongoing Activities**

From the Committee's inception in 2019 through the COVID-19 Pandemic to the present we have been able to offer our members a variety of interesting programs, including a couple of virtual tea tastings, a virtual chocolate tasting, webinars relating to self-care and mindfulness, and outdoor events such as hikes and walks.

We have been lucky enough to have active members on the well-being committee who have been able to reach out to contacts for donations of space, time, or skill for events or interactive webinars. This generosity has allowed us to host some really great events, however we have had to keep the events smaller to avoid incurring extra costs. As Part 1 of our initiative suggests, it is our goal and desire to reach more of our 1500+ members and really facilitate a safe space for our members to connect in person and build meaningful relationships with a focus of mental and physical well-being. We plan to use grant money to help subsidize these ongoing programs particularly for those who may need scholarships to participate: our goal is to make our well-being initiative as interesting, varied and inclusive as possible so as to have the greatest impact and to continue to be a model for other ACC chapter programs.

### **General**

Helping to facilitate the development of well-being practices in our diverse membership helps our individual members, our corporate law departments, their corporate clients in general, and our community.

The Program will supplement well-being initiatives currently supported by ACC Southern California and ACC global.

The pandemic has greatly increased the need for corporate legal departments to understand and support practices that enhance the well-being of attorneys and other legal support personnel in those departments. The programs we are proposing will assist with this goal by allowing us to 1. Connect in person with those individuals leading these corporate legal departments and really understand the issues and obstacles facing them, and 2. Allow us to extend our reach (via in person events and written materials) to the broader ACC SoCal membership.

December 15, 2021

Like all Chapters, ACC SoCal is facing fundraising challenges going into the 2022 fiscal year due to COVID-19.

ACC SoCal has currently budgeted \$1,500 for the Well-Being committee, however this amount is not guaranteed and is subject to decrease pending finalization of sponsorships, chapter expenses and other programming initiatives.

### **VIII. Program Contacts**

Attorney Well-Being Committee

Chair: Danielle Blanchard, Corporate Counsel, Commercial, Varian Medical Systems

Co-Chair: Conchita Valenzuela, Deputy General Counsel, Confie

Co-Chair: Jill Kalliomaa, Senior Legal Counsel, Novartis Institutes for BioMedical Research