

Page: Achievement Award
Category Innovative Programming Effort
Chapter ACC San Diego
Chapter Size Mid-Sized (301-850 members)
Entry Title Wellness Wednesdays Webinars
Entry Description The Covid-19 pandemic affected everyone over the last few years, and now more than ever, our members are more concerned about their general health and welfare. One of our speakers reminded us that "If you don't make time for your wellness, you will be forced to make time for your illness." Through these webinars our hope was to present various forms of well-being that is attacking the legal profession. These webinars were held on the 3rd Wednesday of each month at noon and were presented by a current sponsor.
When was the program initiated? 2/17/2021
What was the project objective? Through these webinars our hope was to present various forms of well-being that is attacking the legal profession. ACC San Diego wants our members to be aware of these issues and to let them know that they are not the only ones facing these battles.
How was the objective achieved? By scheduling these webinars every month, our attendance and awareness increased. The programs were promoted through our e-newsletters and social media on LinkedIn, Twitter and Facebook.
What was the project budget? Since all of these events so far have been virtual, there has been no expense.
What obstacles were faced while doing this project/program? We wanted the webinars to be presented by a variety of sponsors, however, not all sponsors felt comfortable holding these types of events.
In 300 words or less, please state how this project was innovative. Over the last few years, health and well-being has been top of mind for the legal community, for themselves as well as their staff members. The issues can no longer be ignored. Here was the schedule of Wellness Wednesdays, beginning in May 2021: 5/19/2021 Teaming Up Against Burnout, Sheppard Mullin 6/16/2021 The Virtual Workplace: Supporting Employees with the Transition Back to the Non-virtual Office, Jackson Lewis 7/21/2021 Alcoholism & the Legal Profession, Sheppard Mullin 9/15/2021 Forming New Trails: Breathing, movement, and mindfulness for personal transformation, Troutman Pepper 1/14/2022 Well-Being in the Legal Profession, Jill Kalluinaa, Southern CA Chapter 4/20/2022 Healthy Ways to Manage and/or Eliminate Stress & Anxiety, Sheppard Mullin 5/11/2022 Break Free from Imposter Syndrome: Embrace Your Competent, Capable Self, Cooley Because these programs were presented virtually, attendees could attend from the San Diego Chapter as well as other Chapters. Non-members were also invited to attend, which included many human resources departments. The newest study of attorneys showed that 21% of licensed, employed attorneys qualify as problem drinkers, 28% struggle with some level of depression and 19% demonstrate symptoms of anxiety. The study also found that younger attorneys in the first 10 years of practice exhibit the highest incidence of these problems. Because these symptoms are not going away any time soon, we will continue to offer Wellness Wednesdays webinars/events into 2023.



WELLNESS WEDNESDAY WEBINAR

*Redefining What It Means to Work
in the Legal Profession One Breath at a Time*



Wednesday, September 21st | 12:00 pm

Join Jackson Lewis P.C. for a discussion on stress in the legal industry, including why lawyers are more prone to be under high stress than many other professions, and strategies to improve stress levels and well-being, one breath at a time.

REGISTER NOW



WELLNESS
WEDNESDAY

FORMING NEW TRAILS:

Breathing, movement, & mindfulness for
personal transformation

SEPTEMBER 15 | 12:00 PM

We are going on an adventure - a quest for more life balance, more breathing room, and inner peace. In this webinar, we will explore how to "rewire" your breath.

Discover your natural breath and learn breathing techniques to help quiet and focus the mind as well as techniques to increase energy and boost immunity.

Learn a joint mobility routine to promote longevity and stay in the flow of life.

Discover how to set smart goals, stay motivated, how to schedule rest and recovery, and cultivate a balance of self-compassion and determination as you move towards your goals.

REGISTER TODAY!

PRESENTED
BY:

Acc Association of
Corporate Counsel
SAN DIEGO

troutman
pepper

WELLNESS WEDNESDAY WEBINAR

Break Free From Imposter Syndrome



Wednesday, May 11th | 12:00 pm

Embrace Your Competent, Capable Self

As many of you may know, Imposter Syndrome, a feeling of inadequacy that persists despite contrary evidence, can prevent an attorney from practicing competently. It can impact many skills necessary to competent lawyering including decision making, difficult conversations, and professionalism.

And, it can lead either to a failure to be diligent (by procrastinating) or to over preparation and overwork leading to client dissatisfaction and damaging lawyer health and wellbeing. Why do so many attorneys fear being exposed as a fraud? Why the self-doubt and self-devaluation? During this webinar you will learn the different types of Imposter Syndrome, why is it more prevalent in high achievers and more.

REGISTER NOW



The Virtual Workplace:

Supporting Employees with the Transition Back to the Non-virtual Office

June 16th, 12:00 pm

As businesses and states reopen, employers are faced with the task of figuring out how to successfully transition employees back into the office. While many employees are eager to get back to work for the sake of their mental health, some are perfectly happy remaining at home. This could be due to getting a taste of the remote work life or being fearful of the risk of infection being back in the office again. Regardless, this is a delicate time for everyone involved.

Topics include: being flexible and open minded to the many thoughts, feelings and situations of employees; balancing work and life; trust and empathy; best practices for a remote workplace.

PRESENTED BY: **JacksonLewis**



Teaming Up Against Burnout

May 19th, 12:00 pm

Burnout has become one of the most talked about workplace topics, and its impact is far-reaching. Burnout affects the health and well-being of the entire organization, yet most attempts to help focus on quick-fix strategies aimed at individuals. Something is missing. In this program, Paula Davis, Founder, Stress & Resilience Institute, will focus on a holistic approach to burnout prevention, providing actionable strategies for individuals, leaders, and teams.

The first 40 in-house counsel to sign up for and attend the program will receive a free ebook copy of Paula Davis' book: "Beating Burnout at Work: Why Teams Hold the Secret to Well-Being and Resilience".

PRESENTED BY: **SheppardMullin**



WELLNESS

WEDNESDAY

MAY 19, 4:30 PM

LIVE PELOTON CLASS!

Take your training to new heights and tap into motivation with your fellow ACC San Diego members. On the bike or through the Peloton app, join the #ACCSD group, and take the live class on Wednesday at 4:30pm to cycle and inspire together. Make sure to send virtual high-fives to other #ACCSD members on the leader board!



JOIN US!



WELLNESS WEDNESDAY

*Break Free From Imposter Syndrome:
Embrace Your Competent, Capable Self*

Imposter syndrome can lead either to a failure to be diligent (by procrastinating) or to over preparation and overwork leading to client dissatisfaction and damaging lawyer health and wellbeing. Why do so many attorneys fear being exposed as a fraud? Why the self-doubt and self-devaluation?

SPEAKER

**MICHELLE
GALLAWAY**

Of Counsel
Cooley



Presented by:

Cooley

Tuesday, May 11 | 12:00 pm