

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.

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