

Letter from ACC NCR President Véronique Staco

Dear ACC NCR Members and Sponsors:

On behalf of the Board of Directors of the ACC National Capital Region Chapter, it is my pleasure to share the [2026 Chapter Directory](#) with you. We hope this will be a useful resource as you engage with the chapter and our in-house community.

Now in its 46th year, ACC NCR has evolved into a vibrant and impactful organization, with more than 2,500 members across Virginia, DC, and nearby Maryland. Each year we offer dozens of high-caliber legal education programs that address critical topics of interest to in-house attorneys and most of our legal education events qualify for Virginia CLE credit.

Meanwhile, we continue to expand the range of opportunities for growth and connection in ways that can be professionally and personally fulfilling. All of this excellent programming is made possible by our more than 200 volunteer leaders, over 40 sponsors, and a committed staff.

As lawyers, we are navigating constant change, evolving regulations, and growing expectations to be strategic, responsive, and available partners. Couple this with the significant demands in our personal lives and the result is constant stress, which can take a toll on our well-being. With that in mind, my area of focus for 2026 is “*Mens sana in corpore sano*” – “a healthy mind in a healthy body.” I first heard this maxim in middle school (a teacher of mine loved to repeat it to the classroom) and it has stayed with me and serves as a life compass. I think we can agree that wellness is important now more than ever.

Our goal this year will not be to define wellness for you but to create space, resources, and conversations in the way that you need most. For instance, I am forming a team to participate in the Virginia Bar Association’s [Seventh Annual Lawyer Wellness Challenge](#) (May 4 – 8) and invite you to join me (to do so email president@accnationalcapitalregion.com). Taking care of ourselves strengthens not only our own well-being, but also our ability to lead, advise, and support our organizations. After all, you can’t pour from an empty cup.

I know the many committees and groups featured in this directory will provide extensive opportunities to help you prioritize your overall well-being. I encourage each of you to reach out to committee leaders and members of the Board of Directors (listed on pages 3-22 of the Chapter Directory) to offer ideas and feedback on how we can better serve you and the in-house community. And, of course, our dedicated staff is always ready to help in any way possible.

Véronique Staco

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