

SAVE THE DATE:

Upcoming TJMF Lectures:

Sydney:

Date: Wednesday 25 October 2017

Guest speaker: Magistrate David Heilpern

Topic: “Lifting the Judicial Veil – vicarious trauma, PTSD and the Judiciary: A personal story”

Place: Federal Court, Queens Square Sydney

Time: 5.45 for 6.00 pm start

Cost per ticket: \$15 plus booking fee

Tickets will soon be available on website www.tjmf.org.au



For your Diary:

Save the Date

Brisbane: Thursday 9 November 2017

Update from TJMF

- **Three years since the release of the guidelines:**

We are delighted and extremely proud that we now have more than 180 signatories to the guidelines. There is representation from all sectors of the Australian legal profession as well as two signatories from the UK and New Zealand. The reach of the guidelines has broadened

to include the AMA Queensland and a large area health service in both Queensland and Victoria.

We welcome and greatly appreciate positive feedback to the Foundation . It is encouraging, lets us know how you feel about what we are doing. It was very heartening to read '*Amazing work, so thorough and exactly what the industry needs*' from Simpson Greerson New Zealand when they signed up to the guidelines.

- **Media:**

Our new Media Consultant Jo Oakes has done a great job promoting TJMF and some of the good work that is being done. Thank you to all who took the time to speak to media.

Access media sources:

Australian Financial Review

<http://www.afr.com/business/legal/how-us-law-firm-squire-patton-boggs-increases-profit-by-putting-people-first-20170203-gu4s5l>

ABC – Online news

<http://www.abc.net.au/news/2017-05-16/lawyers-need-more-mental-health-support/8529916>

Lawyers Weekly

<http://www.lawyersweekly.com.au/news/21072-tassie-lawyer-takes-the-lead-to-talk-about-mental-health>

- **TJMF Lectures:**

TJMF Victorian Lecture -Melbourne

We would like to express our thanks to Judge Felicity Hampel for her engaging lecture and for sharing her personal insights and experiences which provided food for thought. Mark Huntington's courage sharing his personal experience with depression were greatly appreciated as was the generous support of DLA Piper for hosting the evening and the Legal Services Board and Commissioner for sponsoring the post lecture refreshments.

However, the true heroes of the evening who deserve our thanks are three young Melbourne lawyers, Erandathie Jaykody, Philippa Coccione and Max Paterson. Without their

commitment and hard work the lecture would simply not have been possible. Thank you so much for all your efforts. Lecture and interviews can be accessed below.

2017 TJMF Melbourne Lecture: Judge Felicity Hampel SC <https://youtu.be/gZtcFTNgcBE>

Interview with Judge Hampel <https://youtu.be/9f81QrN312k>

Interview with Mark Huntington <https://youtu.be/-8zpUPb1qT0>

Lawyers Weekly <https://www.lawyersweekly.com.au/wig-chamber/21176-lawyers-can-be-humans-too-judge-says>

- **TJMF Tasmanian Lecture- Hobart**

It was a real privilege to attend the recent TJMF Tasmanian Lecture in Hobart, generously hosted by Her Excellency Professor the Honourable Kate Warner AC, Governor of Tasmania at Government House and former lecture. Acting Judge David Porter QC 's keynote address 'A career in conflict' discussed the impact that the nature of legal education and the practice of law on the life of a lawyer and gave permission for lawyers to say they were struggling and to seek help.

An enormous thank you goes to Alex McKenzie whose passionate commitment and efforts made the lecture a reality. We would also like to thank Alex's family and firm McLean McKenzie & Topfer for their support.

- **Conferences**

Interest in the guidelines has spread to the medical profession and TJMF greatly appreciated the invitation and opportunity to participate in a panel discussion at the Doctors' health & wellbeing policy session at the recent 2017 AMA National Conference to contribute insights and learnings from the legal profession. The panel also included two of our signatories, Monash Health and the AMA Queensland.

- **New TJMF Signatory Logo**

We have evolved our logo for signatories. Attached is our jpg if you wish to include it on your website.



Signatory
Workplace Wellbeing:
Best Practice Guidelines
www.tjmf.org.au

- **For your Interest**

We are delighted to share and promote a number of resources created by lawyers for lawyers and are **available free to download** on our website www.tjmf.org.au .

The Client Management and Self-Care – a guide for pro bono lawyers was created specifically with pro bono lawyers in mind, and was jointly written by Hai-Van Nguyen (Clayton Utz), Leanne Ho (whilst at Henry Davis York), Jillian Mitford-Burgess (Henry Davis York), Angela Harvey (whilst at McCabes Lawyers) and Hannah Rose (Sparke Helmore Lawyers).

In addition to self-care for legal professionals, it also contains advice on engaging with vulnerable clients. The Guide is free to download and use. <http://www.probonocentre.org.au/wp-content/uploads/2017/03/Client-management-guide.pdf>

***Compos Mentis* a podcast for lawyers**

Born out of the lived experiences of co-hosts and Melbourne lawyers Nat and Jenn, *Compos Mentis* is a podcast about how to stay happy, healthy and productive while working in law.

In discussing the unspoken realities of legal practice and key themes like stress, authenticity, perfectionism, and self-care, Nat and Jenn identify concrete tools for managing mental health and wellbeing in law.

Each bite-sized episode is an informal chat of up to 30 minutes. Together they provide an easy-listening toolbox for enhancing lawyers' wellness.

Through launching *Compos Mentis*, Nat and Jenn hope to spark more authentic conversations about mental health in the legal profession, and to offer tools to equip lawyers to manage their wellbeing and resilience before crisis point is reached. The podcast is a non-commercial passion project, driven by a desire to address the dire mental health statistics facing the legal community.

Compos Mentis can be streamed or downloaded at whatever and place time is convenient for listeners - on a morning commute, during a run, at your desk or before bed.

While there are many unique and unrelenting pressures in the important work of law, the key message of *Compos Mentis* is that personal wellbeing does not have to be, and should not be, the price of professional success.

Compos Mentis is free to listen on iTunes or online:

<https://itunes.apple.com/au/podcast/compos-mentis/id1231711562>

<https://composmentis.squarespace.com>

An Introduction to Mindfulness

Monash Law School worked with Dr Craig Hassad senior lecturer Monash Medical School to create the following video resource for law students but applicable to all of us.

Part 1: Mental Health for the Legal Profession

<https://www.youtube.com/watch?v=9yR372hWfzk>

Part 2: What is mindfulness? <https://www.youtube.com/watch?v=7mhgoZcJJ0s>

Part 3: The stress response and health <https://www.youtube.com/watch?v=mh3DghYwz0c>

Part 4: Attention and multitasking <https://www.youtube.com/watch?v=opfJcPvbPfs>

Part 5: Applications of mindfulness <https://www.youtube.com/watch?v=G3pojnNGykc>

Part 6: Mindfulness and executive function <https://www.youtube.com/watch?v=4FjXhTlEtgI>

Part 7: Applying mindfulness for studying and life

<https://www.youtube.com/watch?v=XrTnaf4cKhI>

2016 UK National Mental Health Work Report to see how mental health is viewed at work

<http://wellbeing.bitc.org.uk/all-resources/research-articles/mental-health-work-report-2016>

Mental Health Toolkit for Employers

The ambition of this toolkit is to help your organisation – whether business, public sector or charitable – support the mental health and wellbeing of your employees. It will help you take positive actions to build a culture that champions good mental health and provide a greater understanding for how to help those who need more support.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/mental_health_toolkit_for_employers_Business_community_UK_2016.pdf

Please send any freely available and downloadable resources which you are willing to share.

Marie Jepson