



Friday 8 October 2021

Cost: FREE

CPD Hours: See below

Well-Being Day

In continuation of the Society's Well-Being Initiative (now in its third year), and to coincide with World Mental Health Day, the Law Society of Northern Ireland will host a Well-being of the Profession Day on Friday 8 October 2021 as a supportive measure for our solicitor membership and their staff. Please see below list of free events to attend open to all members and their support staff:

Online Yoga with Flo Studios

CPD Hours - not applicable

8:00 am – 8:45 am

Cost: FREE

[For Zoom meeting link click here](#)

Meeting ID: 972 7844 2279
Passcode: 122599

CPD Event - Lawyer stress, illness and Recovery

CPD Hours - 1.5 Group Study

1:00 pm – 2:30 pm

Cost: FREE

[To register click here](#)

Legal work is sophisticated, demanding, and at times emotionally and cognitively draining. Lawyers work in intense adversarial environments, under time-pressure, and with clients who are often in crisis or distress. Historically, however, the stress and psychological impact associated with lawyering has not been openly discussed. **Carly Schrever**, lawyer, psychologist, and award-winning empirical researcher will speak to address this and provide useful practical tips which can improve well-being and lower stress.

This webinar will also interview local solicitor and Covid-19 Survivor **Niall Murphy** on his near death experience having contracted Covid-19 in February 2020. He will speak about how his illness and recovery affected and consequently complimented his legal practice. Niall will provide advice on first hand lifestyle changes he was required to make which have ultimately improved his quality of life.



Carly Schrever
BSci / LLB; MPsy (Clinical);
PhD Candidate (Melb).
Judicial Wellbeing Advisor,
Judicial College of Victoria

Carly Schrever is a lawyer, psychologist, and award-winning empirical researcher, with more than 10 years' experience in judicial education. As part of her combined Master of Psychology (Clinical) / PhD at the University of Melbourne, Carly has conducted Australia's first empirical and psychologically grounded research into the sources and nature of work-related stress among the Australian judiciary. In her role as Judicial Wellbeing Advisor to the Judicial College of Victoria, Carly developed Australia's first Judicial Wellbeing online resource, and works with the Victorian jurisdictions to develop a range of judicial wellbeing programs and resources. She is a regular presenter at national and international judicial conferences on the topic of judicial stress and wellbeing, and has been engaged by several jurisdictions in the Asia-Pacific region to design and deliver tailored wellbeing programs for the local judiciary. Carly also works with the legal profession to provide wellbeing and stress management training.



Niall Murphy
Solicitor

Niall Murphy is a Belfast based solicitor and partner in the practice of KRW Law. He qualified in September 2000, and his work comprises of criminal defence and also assisting families bereaved in our recent conflict, with truth recovery, legacy litigation and promoting state accountability. In recent years he has represented at risk investigative journalists in support of a free and independent press and also the mother of Noah Donohoe, in respect of the pending Inquest. In March 2020 Niall contracted coronavirus, having spoken at the Brehon Law Society of New York Annual St Patrick's Day Dinner. He spent 28 days in Antrim Area hospital, 17 days in ICU on a ventilator in an induced coma. Niall speaks to that experience and how his illness and recovery, affected and then complimented his legal practice.

LawCare & Action Mental Health - Life in the Law & Mindful Manager

CPD Hours - 1 Group Study

3:00 pm – 4:00 pm

Cost: FREE

[To register click here](#)

Life in the Law -

Trish McLellan
LawCare

The session will outline the main findings of LawCare's recently published cross-jurisdiction, cross-profession research study Life in the Law looking at the impact of work culture and working practices on wellbeing and discuss the collective role we all have to play in driving necessary change in the UK legal community.

Mindful Manager -

Rachel Power
Action Mental Health

This session will look at how mental ill health is a spectrum, how we can encourage shared language and understanding around mental ill health to create a more positive culture and the Mindful Manager. It will encourage prioritising the health and well-being of your team members, colleagues and, most importantly, yourself.