



Wellness for Law

Inner Temple Forum Workshop Session

Optimising performance &
understanding pressure



Wellness for Law

- Understanding Pressure

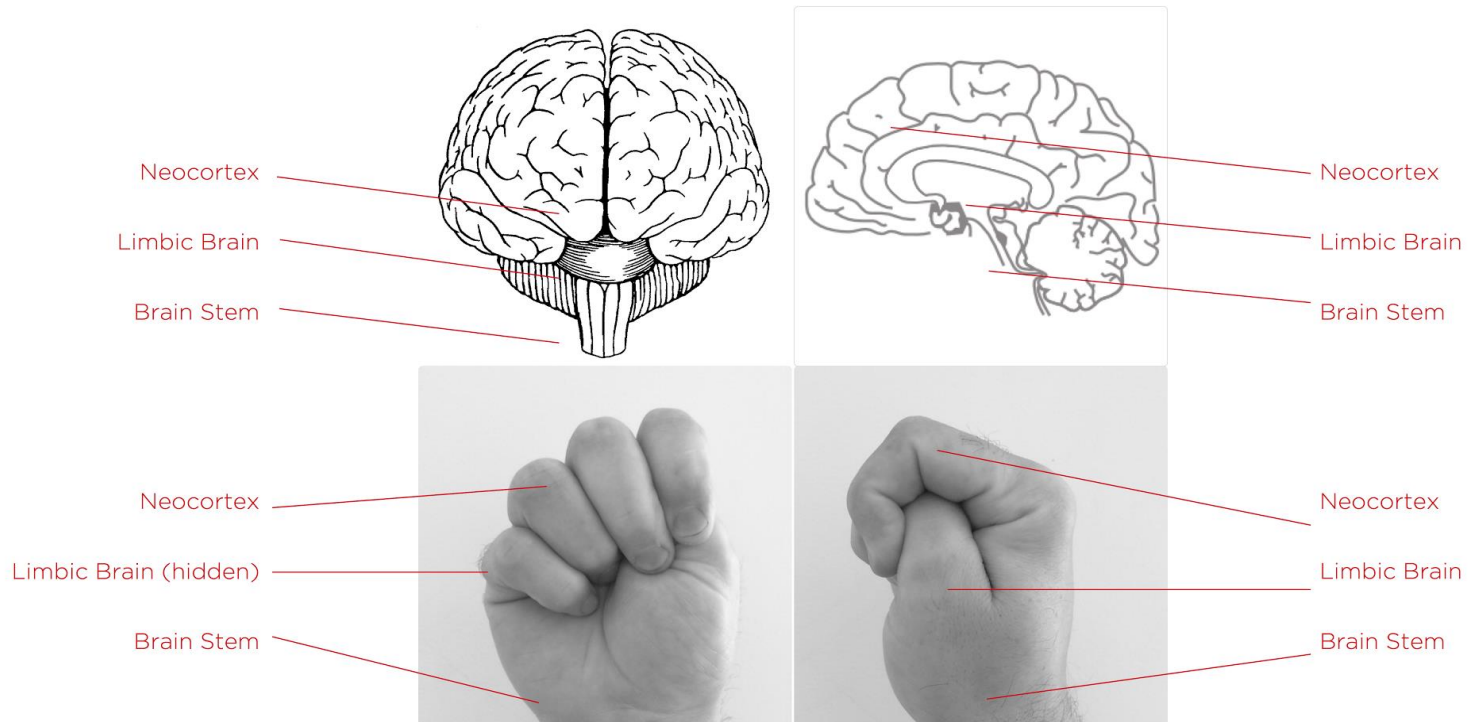




Wellness for Law

- Why do we get stressed

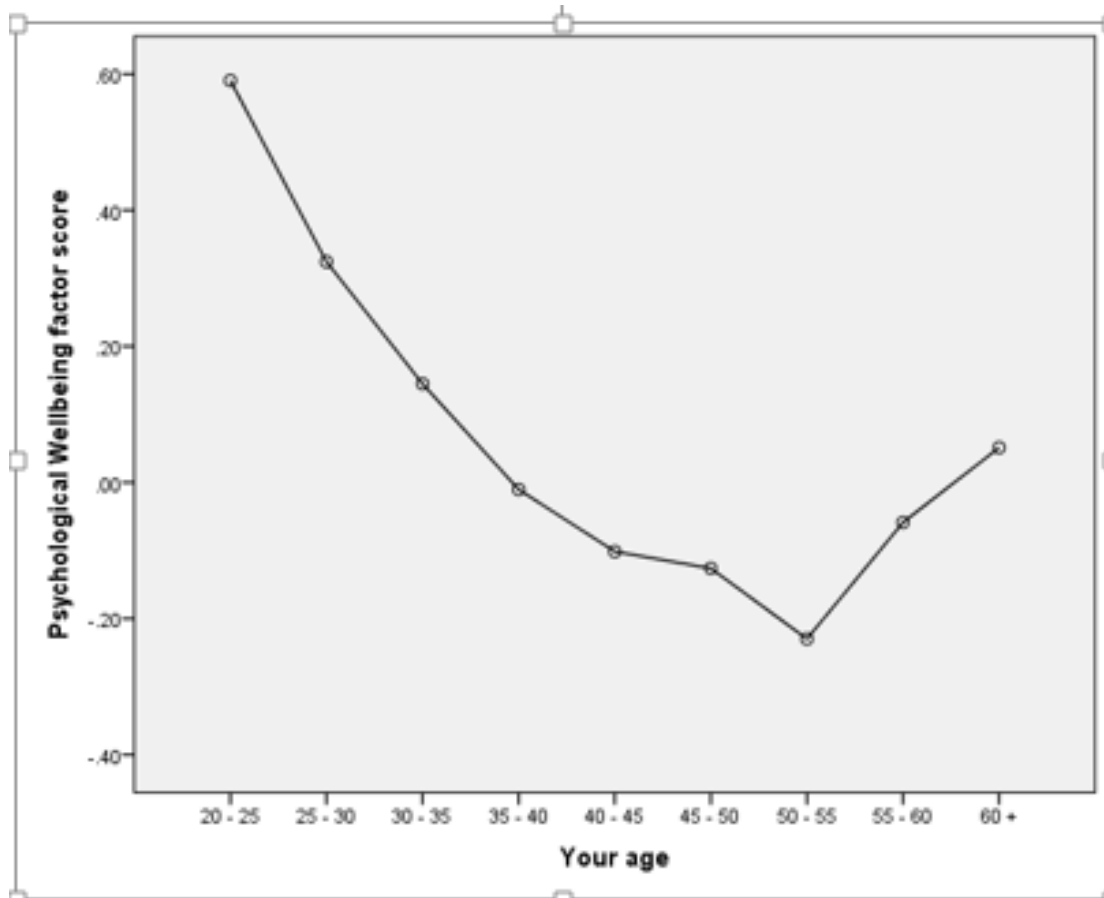
Dan Siegel's handy brain anatomy model





Wellness For Law

- WATB research data



1 in 3 find it difficult to control/stop worrying

2 in 3 feel showing signs of stress equals weakness

1 in 6 feel low in spirits most of the time

59% demonstrate unhealthy levels of perfectionism

Psychological wellbeing within the profession is rarely spoken about



Wellness for Law

- Applying this to life in Practice
- <https://www.wellbeingatthebar.org.uk/staying-well/>



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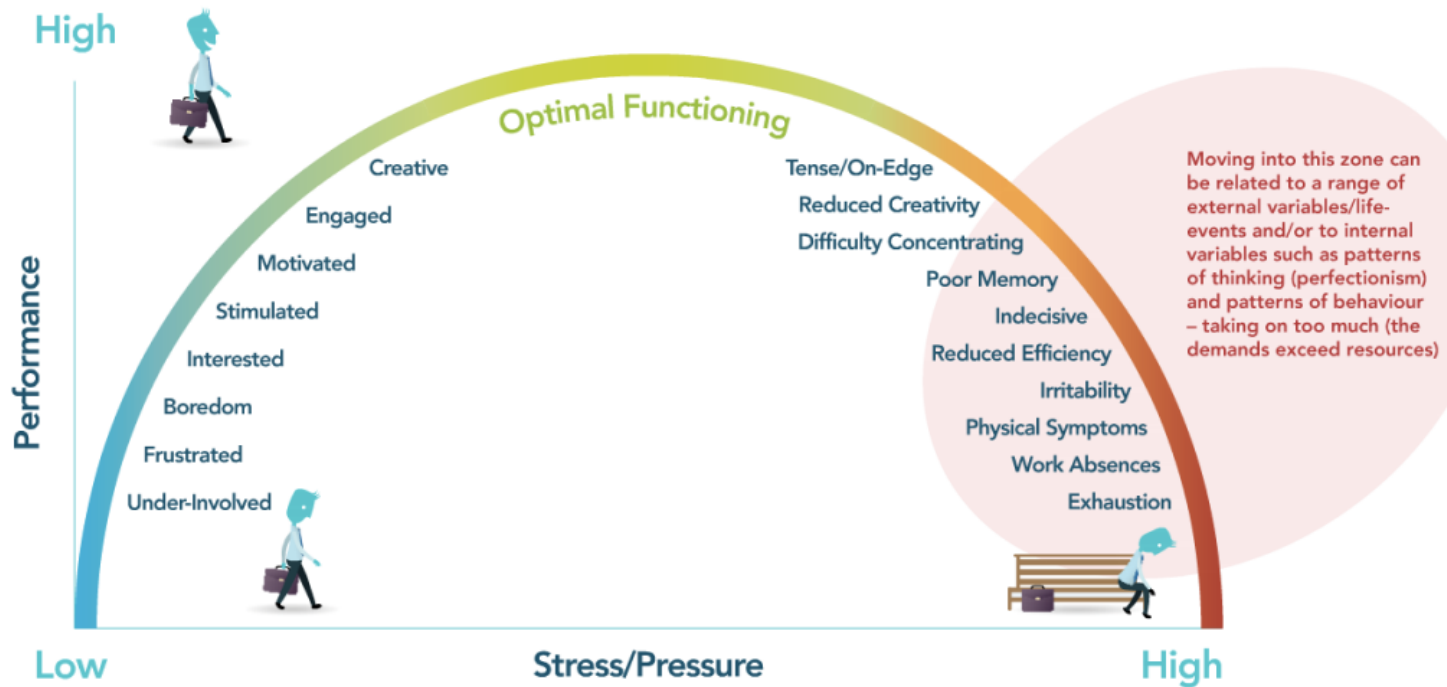
- Safeguarding & managing YOU & Talent





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PSYCHOLOGICAL WELLBEING & PERFORMANCE





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- Create Positive Cultures





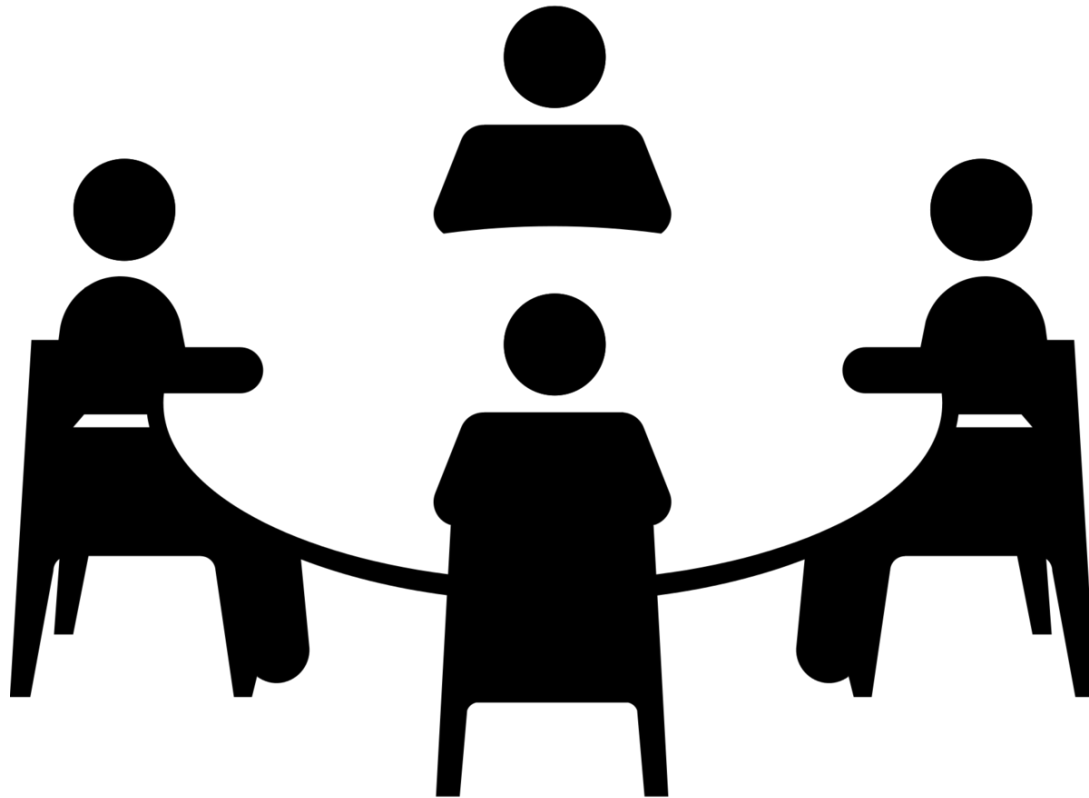
Wellness for Law

- Self Care, Self Regulation, Support.
- Man Com & Leadership Eg
- Stamina v Stigma
- Investment & Normalisation
- Practice Management Reviews



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- Group Exercise





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- **Fitness to Practice**
- <https://48oyv93g3qwk3zrbiz3edttq-wpengine.netdna-ssl.com/wp-content/uploads/2016/10/Fitness-to-Practice.pdf>



Wellness for Law

- Other Core Duties – Chambers/Admin
- CD10 ‘competence, legal & regulatory obligations’
- C110.3 Equality & Diversity (wider obligations may be triggered)
- C89 & 90 Chambers Management

Read all about it

<https://www.wellbeingatthebar.org.uk/policy-and-practice/>



Wellness for Law

- Serious Misconduct
- <https://48oyv93g3qwk3zrbiz3edttq-wpengine.netdna-ssl.com/wp-content/uploads/2016/10/Serious-Misconduct.pdf>
- Seek support, Ethics Helpline, Wellbeing Team, Wellness for Law UK.



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- Thank you

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