



WELL-BEING  
WEEK  
IN LAW

# UPDATE

## 2023 Well-Being Week in Law Recap and Participation Contest Winners!

**The aim of Well-Being Week In Law is to raise awareness about mental health and encourage action and innovation across the profession to improve well-being.**

Thank you for your participation and making this year's WWIL a success. We had over 2,215 of you participate in our contests and are excited to announce this year's winners.

We hope you are able to sustain some of the well-being strategies that you picked up over the week. The recorded webinar sessions from well-being week in law are now available. Be sure to follow our social media pages for consistent content to keep you engaged with your well-being throughout the year!

### 2023 WWIL RECAP

From May 1-5, 2023, IWIL hosted our annual virtual Well-Being Week in Law. Thanks to you it was a rousing success!

**1,878**  
WEBINAR  
ATTENDEES



**383** PARTICIPATION  
CHALLENGE  
SUBMISSIONS

**10** COUNTRIES  
REPRESENTED



 **851** GRATITUDE  
MESSAGES  
SENT

**224**  ORGANIZATION  
SUPPORTERS

**12+** SPEAKERS

#### RECORDED WEBINAR SESSIONS NOW AVAILABLE

Didn't get the chance to tune into the live webinars during #WWIL or want to watch it again? Recorded sessions are now available!

Our panel of experts will delve into the science behind the power of moving with others – its positive effects on the body and mind, including motivation and positive emotion. We will also examine the social and cultural aspects of communal movement and how it fosters a sense of belonging and connectedness among participants.

Dr. Leslie Hammer shares her expert insights on the U.S. Surgeon General's Office Framework for Mental Health and Well-Being in the Workplace. She discusses how this framework can help the legal profession deal with common mental health challenges, including stress, burnout, depression, and anxiety, and how it can provide a roadmap for creating a supportive workplace culture.

### Watch Recorded Session

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Join us as we explore the power of pro bono and community service as a pathway to well-being and job satisfaction. We will delve into the ways in which pro bono work and community service can support well-being and job satisfaction, including developing new skills, building relationships, and expanding your network.

### Watch Recorded Session

Join for this webinar as our panelists explore how to create a workplace that supports emotional well-being with practical evidence-based strategies.

### Watch Recorded Session

## AND THE CONTEST WINNERS ARE...

**Well done! Give yourself a pat on the back.** We were thrilled to see so many people engaged in each day of the week, focusing on different aspects of well-being within the legal profession and actively taking action to improve well-being for themselves and others.

### Winner! Mark Haddad



#### Canyon Ranch Experience

Four-Day/Three-Night Pathway stay for One Person at either Canyon Ranch in Tucson, Ariz., Lenox, Mass., OR Woodside, Calif.

This prize includes deluxe accommodations and one of Canyon Ranch's immersive Canyon Ranch wellness experience "pathways" designed to guide guests towards a new life of health, purpose, joy, and energy.

### Winner! Lisa Heredia



### Apple Watch

An Apple Watch Series 8 to boost your motivation to get and stay healthy.

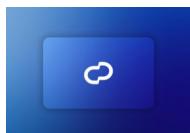
**Winner!** Doris Yuen



### Apple Airpods Pro

The New AirPods Pro Up to 2x more Noise Cancellation than the previous generation.

**Winner!** An Associate at Husch Blackwell



### Classpass Gift Card \$100

A \$100 ClassPass membership to thousands of fitness classes, gyms, wellness and beauty venues.

**Winner!** Susan Bach



### Spa Finder Gift Card \$90

A \$90 Spa Finder gift card that can be used at many spas across the U.S.



**Congratulations to all of our winners!**

**See you next year.**

[lawyerwellbeing.net/well-being-week-in-law/](http://lawyerwellbeing.net/well-being-week-in-law/)

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