



Well-Being: Innovation with Impact

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WCCLP

Well-being Committee For The Legal Profession

Well-Being?

Why Care?

**PROFESSIONAL, PERSONAL,
& ORGANIZATIONAL
BENEFITS**

COMPETENCE (RULE 1.1)

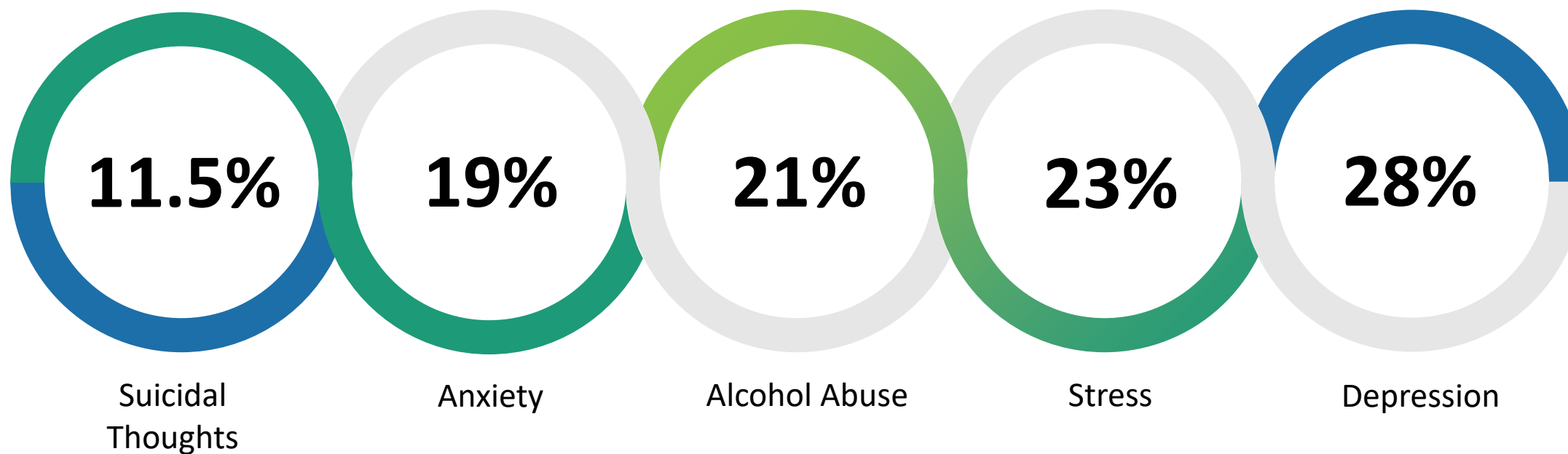
**PREVENTION OF
OCCUPATIONAL
CHALLENGES**

Lawyers at Risk



Psychological Health of the Legal Profession

Study of 13,000 Lawyers; 19 States
(Krill, Johnson, & Albert, 2016)



Common Lawyer Innovation Barriers

Tried that before and it didn't work, so won't try again.

Won't try it unless you can guarantee it will work; and

Who else has tried this?

**Well-Being is
“a continuous
process
toward
thriving in all
dimensions of
life.”**

- Emotional
- Occupational
- Intellectual
- Spiritual
- Social
- Physical





**Well-Being,
Engagement &
Performance**



**Burnout & Other
Occupational
Challenges**



PSYCHOLOGICAL CAPITAL

Build Your Mental Strength & Flexibility

Elevated PsyCap scientifically linked with:

- Better job performance
- Greater ability to overcome obstacles
- Higher job satisfaction
- Increased job commitment
- Buffers against burnout, depression, and anxiety

- Lower turnover
- Lower absenteeism
- Elevated well-being
- Higher motivation
- Increased perceptions of work/life balance
- Better ability to handle stress

PsyCap

Self-Efficacy

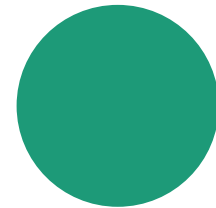
Hope

Resilience

Optimism

The confidence to take on
challenging tasks and put in the
effort to succeed.

Self-Efficacy



Hope



The ambition to persevere toward goals and, when necessary, to change direction to reach them in order to succeed.



Resilience

Being able to cope, sustain, and bounce back to attain success when challenge strikes.

Optimism

Believing we can meet challenges and succeed now and in the future.

Elevated PsyCap scientifically linked with:

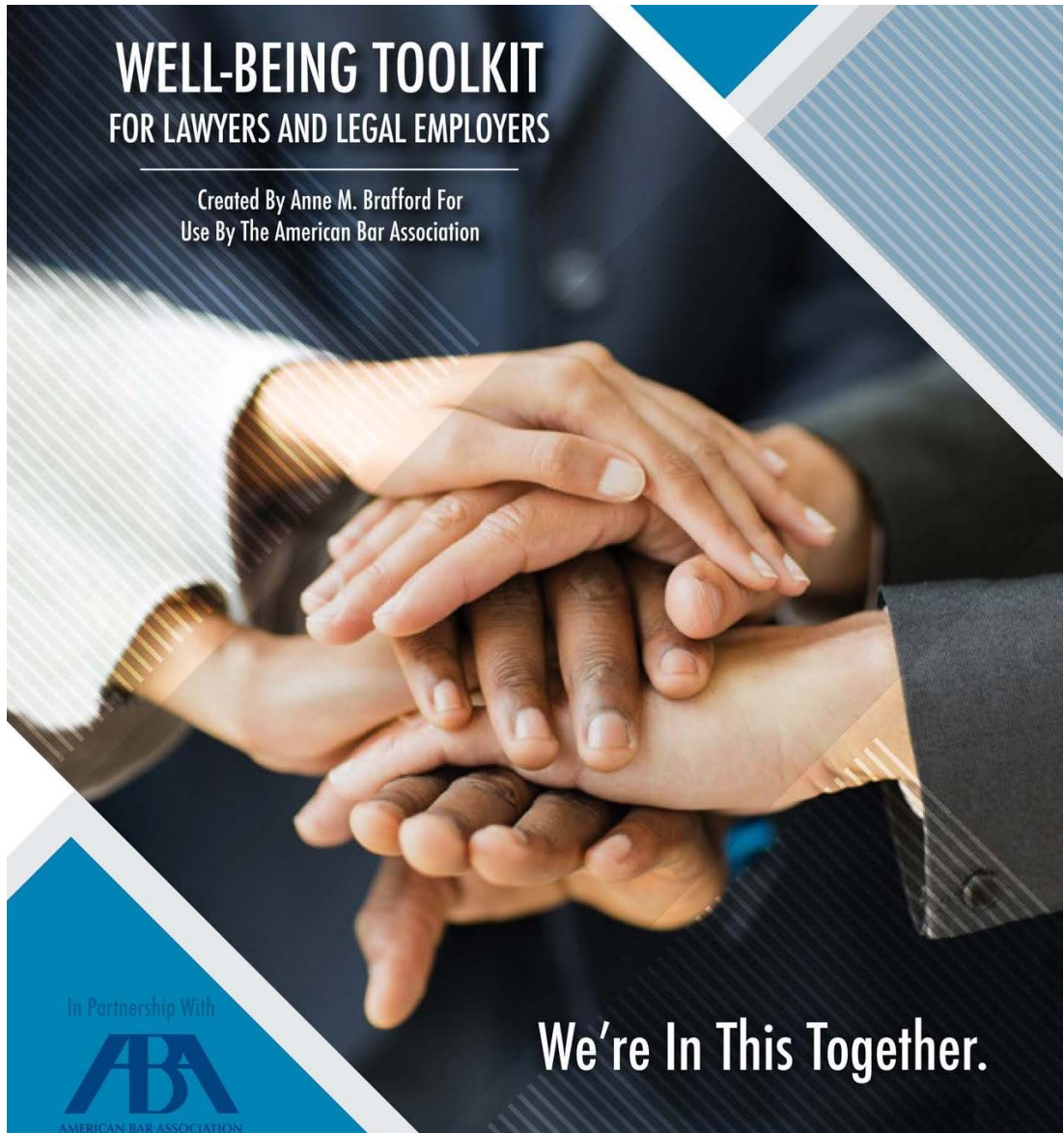
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WELL-BEING TOOLKIT

FOR LAWYERS AND LEGAL EMPLOYERS

Created By Anne M. Brafford For
Use By The American Bar Association



In Partnership With



We're In This Together.

THE
B.R.I.E.F.
STUDY

A white classical column with a fluted shaft and a decorative capital, positioned on the left side of the graphic.

BEHAVIORAL
RESULTS:
INVESTIGATION OF
ENGAGEMENT &
FUNCTION
of the Legal Profession

https://is.gd/Law_wellbeing

Participants
will be entered
to win an
Apple Watch
or Fitbit.

Give us just 10 minutes of your time
to help improve the health and
well-being of Legal Professionals.

Questions?



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