

## “Mind the Gap: Mindful Practices for the Female Lawyer”

**Guest Speaker: Dwana Walsh, Alignlife**

5.30pm Thursday 21 June 2018, Bartier Perry, Level 10, 77 Castlereagh Street, Sydney

Women in law these days are some of, if not, the greatest multi-taskers of our society - juggling careers, social life & motherhood. This is all within the context of a society with advancing technologies and where being a female carries various social pressures never felt before this time. Please join Dwana Walsh of Alignlife to explore this issue and how this constant “attention hopping” behaviour contributes to fatigue, distress and poor mental health. Dwana will delve into the science and evidence as to how the mind deteriorates or underperforms as a result of being an expert “multitasker”, as well as introducing techniques on how to address those issues.

This seminar will touch on mindfulness and specifically how being more mindful translates to the lifestyle of a female lawyer. Dwana will look at practices that can be simply and practically introduced by female lawyers to help counter the negative effects produced as a result of attention deficit disorder (a disorder which plagues us all in the modern age). Dwana's presentation promises to be engaging and interactive, with practical advice on remaining well in the law.

### About Dwana Walsh



After approximately 10 years working as both a litigator and corporate lawyer at firms such as DLA Piper and Holman Webb Lawyers, Dwana knows how challenging it is being a lawyer (and the additional challenges that come with being a female lawyer!). The Australian Financial Review recently published statistics from a study which

showed that lawyers rate the lowest of all professionals in health and wellbeing. Further, the findings of the Brain and Mind Research Institute at the University of Sydney have found that one in three solicitors and one in five barristers suffer from clinical depression, and that the incidence of depression in the legal profession is four times higher than that of the general population.

Having moved on from her work as a lawyer, Dwana now delivers workplace wellness programs specifically crafted to help lawyers undergoing challenges with stress, anxiety and depression. She is passionate about helping lawyers improve their health and wellbeing, particularly for female lawyers.

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