



BCWLA
Broward County Women
Lawyers' Association

BROWARD COUNTY WOMEN LAWYERS' ASSOCIATION 2018-2019

MINDFULNESS/WELLNESS/"LIFING" COMMITTEE

OBJECTIVES, GOALS, AND ACTION ITEMS

Objectives:

- Encourage our members to prioritize their health, mindfulness practices, and work/life balance.
- Educate members regarding wellness, mindfulness, and work/life balance practices, and available mental health resources.
- Encourage and facilitate open and honest dialogues regarding mental health and the challenges the practices of law of pose for remaining mindful and maintaining a fulfilling work/life balance.
- Host at least three events this year, including the May Mental Health Expo.

Initial Action Items:

- Identify potential community partners, topics to be addressed this year, and potential dates for events.

Ongoing/Monthly Action Items:

- Coordinate with the Special Events Committee to coordinate events throughout the year. Coordinate and implement events.