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Love thyself: Self-care and wellbeing for YLALs

Wednesday 13 February 2019 - 6:30-8pm

Join us on Wednesday 13 February at 6:30pm at Irwin Mitchell for our London meeting on Wellbeing for YLALs!

Venue: Irwin Mitchell, 40 Holborn Viaduct, London, EC1N 2PZ

Nearest tube: Chancery Lane

Agenda:

1. Welcome and introduction
2. Speakers

We are delighted to be joined by the founders of Claiming Space: Rachel Francis (YLAL's former co-chair) and Joanna Fleck (former YLAL committee member).

Claiming Space is a community interest company which offers a free monthly meet-up for junior lawyers working with traumatised and vulnerable clients to share and reflect on their practice. It also provides tailored training for law firms on mental health awareness, vicarious trauma, meditation & yoga, stress & burnout.

Rachel Francis: Rachel is a barrister practising in immigration and family law. She is the former co-chair of Young Legal Aid Lawyers. During her time as co-chair, Rachel was jointly responsible for the strategic direction of the group and for co-ordinating its activities campaigning against legal aid cuts, promoting social mobility and protecting the interests of junior lawyers who believe in the importance of legally-aided work as a means of achieving social justice.

Joanna Fleck: Joanna has spent over 8 years working in legal aid law, qualifying as a solicitor in 2014. She now combines legal work with teaching yoga and meditation. She runs a project at a mental health charity supporting people with mental health difficulties into sport and physical activity. She recently completed a Master's degree in psychology, researching secondary traumatic stress in the legal profession, and is particularly interested in the intersection between mental health, physical health, and social justice.

3. AOB

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