



Institute For
Well-Being In Law

ANNUAL MEMBERSHIP GUIDE

“Leading the legal profession to greater well-being.”

LAWYERWELLBEING.NET

Letter from the President

Dear IWIL Member and Colleague,

Legal well-being involves us playing many roles including service providers, educators, systemic change agents, researchers, scholars, policy change advocates, and community builders. We do this work because we believe that the legal industry can function better than it does today. As the 2023 recipient of the *Reed Smith Award for Excellence in Legal Well-Being* and IWIL Past President Bree Buchanan, said: “we’ve come a long way, and we have a lot more to do.”

In recent years, we have seen well-being grow in all fifty states through task forces and committees. Law firms of all sizes have embraced well-being activities, programs, and services. Policies are changing that reduce the stigma associated with having a mental health diagnosis. And, we continue to conduct empirical research, making sure we are addressing the right challenges.

As a well-being partner, you have chosen to support not only your own development but the growth and development of the collective well-being MOVEMENT in legal. Thank you for your commitment and support.

Whether you have been on this journey for a while, or are joining for the first time, welcome. We encourage you to take advantage of all the benefits IWIL offers including our Annual Conference, Well-Being Week in Law, Speaker Series, the Path to Well-Being Podcast, our monthly newsletter, and the hundreds of tools, templates, and well-being articles posted on our website. Also, as a member of IWIL, you can connect with others through our online member platform. You can select which groups will help you achieve your personal and professional goals.

Again, welcome! We are so pleased to partner with you.



Sincerely,
Danielle R. Hall
IWIL President

About IWIL

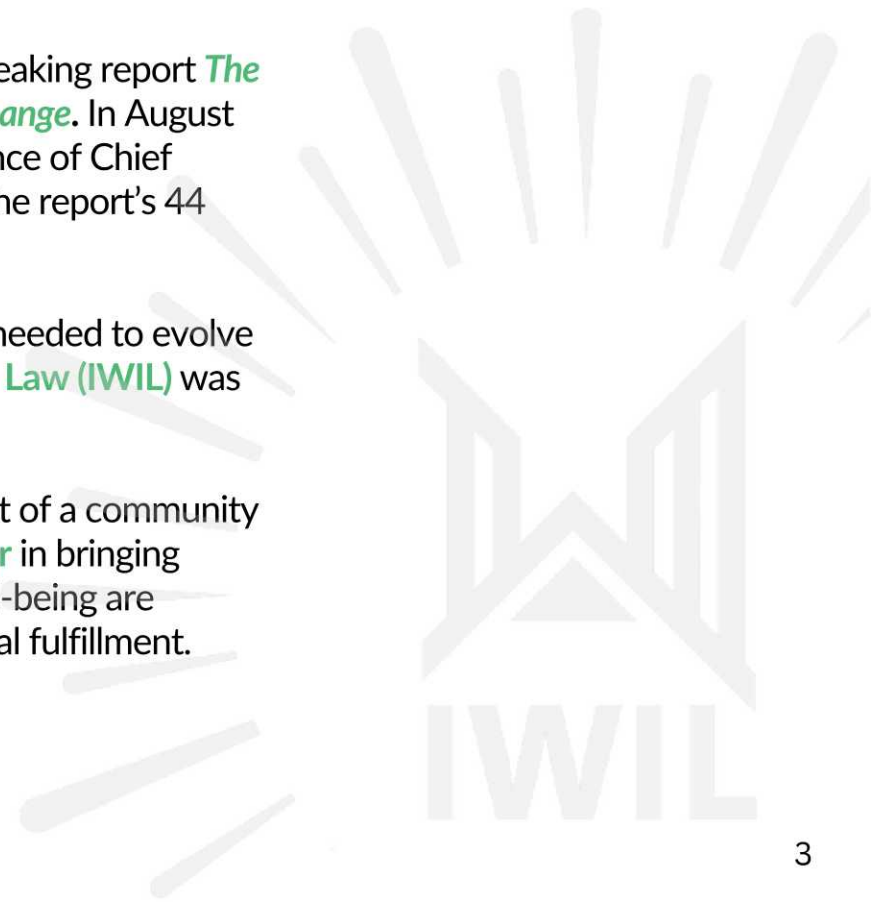
While attending the 2016 ABA Annual Meeting, leaders of three national organizations commandeered an empty conference room to discuss two new national studies that clearly demonstrated the unacceptably high rates of depression, anxiety, and problematic drinking among U.S. lawyers and law students.

This conversation laid the foundation for an initiative to transform the legal industry, positioning well-being at its center. Joined by leading legal organizations, **the National Task Force on Lawyer Well-Being was formed.**

Over the next nine months, the Task Force developed the groundbreaking report ***The Path to Lawyer Well-Being: Practical Recommendations for Positive Change***. In August 2017, the report was published, and both the ABA and the Conference of Chief Justices passed resolutions urging all states to review and consider the report's 44 recommendations.

For effective, ongoing change, the work of the National Task Force needed to evolve into a permanent model. To that end, **the Institute for Well-Being in Law (IWIL)** was formed as a 501(c)(3) non-profit organization in December 2020.

Through collaboration with stakeholder groups and the development of a community of well-being in law advocates, IWIL has become a **recognized leader** in bringing about a culture change, such that positive behavioral health and well-being are recognized as essential elements of professional success and personal fulfillment.



Our Mission Statement

The Institute for Well-Being in Law (IWIL) is dedicated to the betterment of the legal profession by focusing on a **holistic approach to well-being**.

Through advocacy, research, education, technical and resource support, and stakeholders' partnerships, we are driven to lead a **culture shift in law to establish health and well-being as core centerpieces of professional success**.

Membership Overview

IWIL offers a variety of opportunities throughout the year to support our cause and connect with our highly engaged legal community.

Engagement Levels

Member [Individual or Workplace]

Interested in our events, news, and supporting the well-being movement? Join IWIL today as a **member** as a workplace or individual for full access to our programming and insights.

Sponsor [Individual or Organization]

We offer sponsorship levels starting at \$1,000. We also offer the opportunity to develop a custom sponsorship package and invite discussions on how to most effectively partner with your organization.

At any level of sponsorship, you will receive an **IWIL Champion Badge** to use on your website and social media.



**IWIL Champion
Badge**

Membership Levels

INDIVIDUAL MEMBERSHIP

Individual: \$300 Annually

Young Lawyer / Professional (less than 5 years in position): \$150 Annually

Student (Law School, Paralegal Studies, Undergrad & Graduate Study): FREE

Subscriber: FREE — Receive news, announcements, and occasional updates from us

WORKPLACE MEMBERSHIP

Workplace memberships vary according to organization type and size. Annual fees range from \$500-\$2500. For more information, please visit lawyerwellbeing.net.

Maximize Your Membership

IWIL offers memberships on an **Individual**- and **Workplace**-level.

When you become an IWIL Member as an **Individual**, you receive **COMPLIMENTARY** access to virtual IWIL programming, including our Annual Well-Being Conference, Virtual Speaker Series, and Well-Being Week in Law. **Workplace** Members receive a set number of passes to virtual events annually.

Additionally, all members will receive carefully curated materials throughout the year including special Well-Being Guides, Toolkits, and Checklists.

You will also have the opportunity to regularly meet with other well-being in law advocates and leaders; connections that will support you in the work you are doing.

Featured Events



Annual Conference
January



Well-Being Week in Law
May



Speaker Series
January-December

Ways to Get Involved



Attend Well-Being Events: Check our event calendar online for updates on our Annual Conference, Well-Being Week in Law, and our Speaker Series that takes place throughout the year.



Quarterly Newsletter: Stay current with well-being news, stories from the legal community, and IWIL happenings with IWIL's quarterly newsletter.



Listen to The Path to Lawyer Well-Being Podcast: Hear well-being experts around the country talk about their lessons learned, challenges overcome, and the importance of being united in this work.



Download Resources: Templates, articles, materials, and presentations are available for your personal benefit or for workplace use.



IWIL Groups & Committees: We offer many opportunities to serve on our various committees.



Share Your Expertise: Have an article you want to share with our community? Contribute content to our newsletter or submit a proposal to speak at one of our events.



Connect with Community: Engage with fellow advocates who share your challenges and joys via LinkedIn and local chapters.

Questions? Email iwil@lawyerwellbeing.net

IWIL Groups & Committees

Getting involved with our committees is one of the best ways to strengthen your network with individuals who share the same professional and personal values.

There are opportunities for involvement at every level of engagement and time commitment.

If you are interested in being involved with any of our events or committees, please contact us: iwil@lawyerwellbeing.net.

Highlighted Initiatives

- **Law Schools:** Participate in programming specific to leaders and professors aiming to cultivate well-being in law schools. Coming in 2025: [Inaugural Law Schools Well-Being Roundtable!](#)
- **Well-Being Index:** IWIL is developing a tool to measure individual and organizational well-being.
- **Collaborative Networks:** Collaborative networking offered throughout the year to facilitate connection among well-being leaders and advocates.
- **Exclusive IWIL Partner Sessions:** For our paid members, we will facilitate regular opportunities to meet, support, and share resources.

2025 Groups & Committees



Law Schools



Diversity, Equity & Inclusion



Communications



Research & Scholarship



State Task Force Group



Fund Development

IWIL Team

Board of Directors

Danielle Hall, JD | President

Raúl Ayala, JD | President-Elect

Michael Ellenhorn, JD | Treasurer

Mike Kasdan, JD | Secretary

Heidi Alexander, JD | Immediate Past-President

Marcie Dickson, BA | VP, Communications

Javoyne Hicks, JD | VP, Diversity, Equity, and Inclusion

Matthew Thiese, PhD, MSPH | VP, Research & Scholarship

Natt Gantt, JD | VP, Law Schools

At-Large Directors:

Natalie Loeb, MS

Martha Knudson, JD, MAPP

Gina Passarella, MA

Fiona Hornblower, JD

James Keshavarz, MS, MBA

Operations

Denise Gaskin, PhD, PCC | Executive Director

Tara Antonipillai, JD, MAPP | Director of Programming

Heather Walker | Administrative Assistant

Urmi Sanghani, CPA | Accounting Manager

Greta Burton | Marketing & Operations

Edward Brafford | Graphic Design

Michael Brafford | Strategic Marketing



Continuing the Well-Being Movement

Working at a systemic level to enact positive change in the industry, IWIL was initially funded by several generous donations from committed well-being partners. We are grateful for their foundational support and will forever acknowledge them as our **Inaugural Founding Champions**.

Now, going into our fifth year, we offer even more opportunities to support programming, research and scholarship, and policy and advocacy work thanks to this integral support.

As a grass-roots organization, your participation is critical to the well-being movement.

In 2024, over 250 people worked on behalf of IWIL, generating more than 15,000 volunteer hours — a one-year valuation of over \$500,000 in volunteer support! We could not exist without your engagement. We are incredibly grateful for the enthusiastic commitment to well-being in law.

We offer volunteering opportunities at several levels of engagement. If you are interested, please contact us: iwil@lawyerwellbeing.net.

Our Founding Champions





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