

# Connecticut Bar Association Hosts Free In-Person Wellness Summit During National Lawyer Well-Being Week

By JOAN REED WILSON AND SARA BONAIUTO

In celebration of National Lawyer Well-Being Week, the Connecticut Bar Association (CBA) is proud to announce a **Free In-Person Well-Being Summit** for its members. The event will take place on **Wednesday, May 7**, at the new **CBA headquarters in Meriden**.

The Well-Being Summit is designed to promote the holistic well-being of legal professionals, addressing the unique challenges and stressors faced within the profession. Attendees will have the opportunity to engage in interactive workshops, hear from wellness experts, and connect with peers in an environment focused on health, mindfulness, and balance.

## The Importance of Well-Being in the Legal Profession

The legal profession is notorious for its demanding workload, high levels of stress, and often overwhelming expectations. Many attorneys struggle to maintain a work-life balance, leading to burnout, anxiety, and even substance abuse. According to studies, lawyers experience depression at rates nearly four times higher than the general population, making mental health and wellness initiatives crucial for the long-term sustainability of legal professionals.

Beyond personal health, lawyer well-being is essential for maintaining ethical responsibilities and ensuring the effective delivery of legal services. High stress and burnout can lead to diminished cognitive function, impaired decision-making, and a decline in client advocacy. Lawyers who prioritize their mental and physical

well-being are better equipped to handle the complexities of their cases, communicate effectively, and manage high-stakes legal matters with greater clarity and resilience.

Recognizing these challenges, the CBA is committed to fostering a culture of wellness that supports both the personal and professional lives of its members. This Well-Being Summit is an opportunity for legal professionals to take a step back from their busy schedules and focus on their overall well-being.

## Event Highlights:

- **Presentations:** Inspiring talks from renowned wellness experts on achieving sustainable work-life balance.
- **Interactive Workshops:** Practical sessions covering stress management,

mindfulness techniques, and physical wellness strategies.

• **Networking Opportunities:** Connect with fellow members of the Connecticut legal community in a relaxed, supportive setting.

• **Refreshments and Wellness Activities:** Enjoy healthy snacks and guided meditation sessions.

The event is **free for CBA members**, but space is limited, so early registration is encouraged.

## Event Details:

- **What:** CBA Well-Being Summit
- **When:** Wednesday, May 7, 2025
- **Where:** Connecticut Bar Association Headquarters, Meriden, CT

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## President's Message *Continued from page 5*

some would say that hampers the ability of the third branch of government to flex the muscle that the Constitution gives it. Is there a role for the bar to play in helping the Branch defend its independence by taking those decisions and perhaps adding the "editorialization" the court has not done? Absolutely. In my view, I think that is one of the roles of the bar. They can and have an ability to speak in a way that we do not, and I think the bar is viewed by the public as, I won't say aligned with judges, but as part of that club, that system. Lawyers understand what decisions say and what they do not say in a way that sometimes journalists reporting on a case or a lay person reading it does not understand. So, I may read a story about a case, and say, "Let me see what hap-

pened there," and then conclude that is not quite what happened. Lawyers have the ability to set the record straight and, in a sense, advocate. I think that does strengthen or help strengthen the rule of law because lawyers are a party of upholding the rule of law.

**How do you unwind?** It used to be golf, but I do not find much time to do that anymore. My youngest son is ten years old, and he just discovered basketball. So, if we are not playing outdoors when the weather permits, we are playing Nerf basketball in the house. I also played soccer in college, have coached my daughter's team, and enjoy playing with her. Between the two of them and the rest of my family, I stay pretty busy and enjoy every minute of it. ■

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To register and view the full event schedule, go to [ctbar.org/Well-BeingSummit](http://ctbar.org/Well-BeingSummit).

### A Call to Action for the Legal Community

The legal field has long emphasized success, productivity, and client service, often at the expense of personal well-being. However, studies show that lawyers who prioritize their mental and physical health perform better in their roles, demonstrate improved decision-making abilities, and experience greater job satisfaction. Additionally, firms and organizations that invest in well-being initiatives benefit from increased retention, higher morale, and enhanced workplace culture.

The CBA encourages all legal professionals to take proactive steps toward their own wellness, recognizing that a balanced, healthy lawyer is an asset to clients, colleagues, and the justice system as a whole. This summit provides a crucial opportunity to learn strat-

egies for reducing stress, fostering resilience, and achieving a fulfilling career in law without sacrificing well-being.

Join us in prioritizing well-being and celebrating a healthier, more balanced legal community! ■



**Joan Reed Wilson** is the managing partner of RWC, LLC, Attorneys and Counselors at Law, where she practices estate planning, elder law, probate, and real estate closings. She holds a Certificate in Applied Positive Psychology from Penn and is a Certified Adult Chair® Coach.



**Sara Bonaiuto** is an associate at Shipman & Goodwin LLP, where she is a member of the firm's Commercial Finance and Business and Corporate practice groups and the Cannabis Industry Team. Her practice is focused on assisting businesses and individuals with equity and debt financings, term and revolving credit facilities, entity formations, mergers and acquisitions, construction financing, real estate joint ventures and general contract matters.

## News & Events *Continued from page 8*

Town of North Stonington Board of Finance. He is a member of the CBA Workers' Compensation Section.

**Christine M. Conley** is an attorney with McGann Bartlett and Brown LLC, where she represents employers and municipalities in defending work-related injuries. She previously served the 40th Assembly District of Groton and New London in the Connecticut House of Representatives. She is a Connecticut board certified workers' compensation specialist and a member of the CBA Workers' Compensation Section.

**Colette Griffin** is a partner with Strunk Dodge Aiken Zovas LLC and serves on the workers' compensation legal advisory and medical advisory committees. She is a member and past chair of both the CBA Workers' Compensation and Animal Law Sections and is also a member of the Women in the Law Section.

**Governor Lamont also nominated attorneys** David G. Bothwell, Jesse Giddings, Donald R. Green, Kaitlin A. Halloran, Angeline Ioannou, and Daniel Shapiro to the Connecticut superior court as well as Attorney LeAnn Neal for the position of family support magistrate.

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