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To: Managing Partner; Chief Talent Officer; Well-Being Committee; Well-Being Leader

From: CBA Lawyer Well-Being Committee

RE: CBA Well-Being Pledge and Well-Being Award

Dear Well-Being Champion,

Welcome to the Connecticut Bar Association Well-Being Pledge. The CBA Lawyer Well-Being Committee has developed this Pledge to highlight and promote important aspects of lawyer well-being and healthy work environments.

The Pledge asks you to commit your firm or organization to well-being initiatives and provides space for writing out three objectives for enhanced well-being, all in the coming year.

Our intention is to have the Pledge Commitment completed on an annual basis, accompanied by an evaluation of progress toward goals in each subsequent year. Two Pledge Progress forms involving honor-system rating responses, one for leadership and a separate form to be completed anonymously by individual associates and staff, will be submitted at the end of the initial pledge year and going forward. These forms will serve as the basis for a potential CBA Well-Being Award. The Pledge Progress responses from associates and staff will be linked to your firm, but otherwise remain anonymous.

To be clear, all pledge commitments and all progress form responses will remain confidential and will not be released, including staff and associate progress form responses regarding your own firm.

Please complete and submit your responses by March 1, 2022.

Thank you for your commitment to promoting lawyer well-being and a healthy work environment! Please reach out with any questions.

Best,

The CBA Lawyer Well-Being Committee