

How you can be part of the change:

Everyone in the legal sector can play a part in achieving positive change in lawyer wellbeing. If you're a leader in the legal profession, you have even more power to effect change.

- ☒ Watch the explainer video to learn about the **Lawyer Wellbeing Systems Theory of Change** and read the [framework](#).
- ☒ Identify, share and celebrate actions that are already in place in your context that are helping to achieve the outcomes in the framework.
- ☒ Select one or two outcomes in the framework that are within your control to impact. Define actions you could take that contribute to these outcomes.
- ☒ Share the framework within your organisation by displaying the poster which includes a QR code to learn more.
- ☒ Follow the VLSB+C on LinkedIn and bookmark our website to find out about:
 - research and upcoming guidance that supports the implementation of the framework
 - the pilot projects we'll fund to drive change where it's most needed.
- ☒ Read the full report prepared by by Melbourne-based experts in social research and evaluation, First Person Consulting (FPC), the full report provides a deeper understanding of the drivers of poor wellbeing, as identified by the Victorian legal profession.

- Lawyers have time to develop and practice interests and passions outside of work.

- Lawyers are supported with opportunities to collaborate with peers across the legal system.

- Improved leader capability to effectively support staff, manage workloads, and associated risks.

- Positive workplace culture is reflected in levels of staff retention and performance.

- The legal system embraces learning opportunities from all professional experiences, good and bad.

- Lawyers form and maintain networks with like-minded peers to support connection and shared growth in skills.

- Cross-sectoral organisations, including the VLSB+C, implement responses and supports to improve lawyer wellbeing.

- Lawyers understand how wellbeing affects their practice and are empowered to develop appropriate self-management strategies.

