



[Webinar] Mental Wellness and Law Practitioners



7 September 2021, Tuesday (3.00pm – 5.00pm, SGT)

This programme will be conducted as a webinar.

Registration Fees

Category	Fees (Inclusive of 7% GST and course materials)
Law Society Member	\$32.40 Free*
SCCA Member	\$57.78
Non-Member	\$64.20
Australian Lawyer	Free



No. of Public CPD Points:
TBC

Practice Area:
Professional Skills

Training Level:
General

About the Programme

The structural issues that plague the legal profession are ubiquitous. Long hours, high billing requirements, large caseloads, bullying and sexual harassment, the competitive and stoic culture – these are just some of the issues that contribute to the mental health challenges that we face in the legal industry. As the conversation around mental health of lawyers grows, we take a look at this issue, not just through a personal lens, but how we as an industry can possibly reform to ameliorate these problems.

Join Emma Howard (Australia), Kylie Nomchong SC (Australia), Sin Chei Liang (Singapore) and Derric Yeoh (Singapore) in this special webinar co-hosted by the Law Society of Singapore and the Law Council of Australia. Ms Shirin Tang, Managing Partner of Morrison and Foerster's Singapore office, will be moderating.

Programme Outline

Time	Programme
2.30pm – 3.00pm	Registrants to log on
3.00pm – 3.05pm	Introduction Shirin Tang – Managing Partner, Morrison and Foerster Singapore
3.05pm – 3.15pm	Opening Remarks Dr Jacoba Brasch QC – President, Law Council of Australia
3.15pm – 3.25pm	Opening Remarks Gregory Vijayendran, SC – President, The Law Society of Singapore; Partner, Rajah & Tann Singapore LLP
3.25pm – 4.55pm	Panel Discussion <u>Moderator</u> Shirin Tang – Managing Partner, Morrison and Foerster Singapore <u>Panellists</u> Emma Howard – National Mental Health Manager, Clayton Utz Kylie Nomchong, SC – Chairperson, Wellness Committee, New South Wales Bar Association Sin Chei Liang – Counsellor/Psychotherapist, Counseling Perspective Derric Yeoh – Global Disputes Associate, Jones Day
4.55pm – 5.00pm	Conclusion Shirin Tang – Managing Partner, Morrison and Foerster Singapore
5.00pm	End

Speakers' Profile



Dr Jacoba Brasch QC – President, Law Council of Australia

Dr Jacoba Brasch QC joined the Law Council of Australia as a Director from the Bar Association of Queensland in September 2017. In 2018, Dr Brasch was elected by Directors to the Executive, and then to Treasurer in 2019.

Until her election as President-elect in late 2019, Jacoba was also the inaugural Chair of the LCA's Domestic and Family Violence Taskforce, a member of the FLS Executive and inaugural Chair of the Australian Bar Association's Access to Justice Committee and inaugural Chair of its Family Law Committee. In a break from her more usual areas of practice, Dr Brasch is the Chair of the Queensland Rugby League/ASADA Anti-Doping Tribunal.

Admitted to the Bar in 2000, Dr Brasch's practice centres on family law, child protection, mental health law and family violence. She has appeared in various states and territories of Australia and often appears in the Full Court of the Family Court of Australia. Jacoba has also appeared in the High Court of Australia, with those matters including, but not limited to, Customs & Excise, Family Law and the Hague Convention (Child Abduction).

Prior to coming to the Bar, Dr Brasch completed an LLM at New York University as a Fulbright Scholar and NYU Graduate Merit Scholar. In 2010, Dr Brasch graduated with a PhD from University of New South Wales where her doctoral thesis concerned what constitutes a fair, independent and impartial trial.



Gregory Vijayendran, SC – President, The Law Society of Singapore; Partner, Rajah & Tann Singapore LLP

Gregory has considerable experience and expertise in various spheres of civil and commercial litigation and arbitration and dispute resolution. His present practice encompasses a specialization in banking and corporate insolvency as well as litigation and arbitration of commercial contracts to company and shareholder disputes and chancery matters. He is also a recognized expert in charities governance.

Gregory graduated from the National University of Singapore in 1992 with an LLB (Hons) and was placed in the Top 10 of the Postgraduate Practice Law Course of his batch. He was one of the main speakers in the university's mooting team in 1992 that emerged world runners-up at the 1992 Jessup International Law Moot Competition in Washington D.C. Gregory was thereafter admitted to the Singapore Bar in 1993 and joined Rajah & Tann LLP after being in practice in two other leading law firms for 15 years (jointly heading the Banking and Insolvency Litigation

Practice group of another leading law firm). Gregory was appointed Senior Counsel in 2019.

Among others things, he has been judicially commended by the Supreme Court in reported judgments for “meticulous professionalism”, “demonstrating what it is (and ought to be) like to practice the law in its best (indeed, its highest) tradition”, and being “valiant”.

Gregory presently serves as President and Executive Committee Member of the Law Society. He serves as Vice President on the Executive Board of Singapore Academy of Law and is a member of its Audit Committee.



Shirin Tang – Managing Partner, Morrison and Foerster Singapore

Shirin Tang is a corporate lawyer with 20 years of experience practicing in New York and Singapore, with a particular focus on corporate real estate matters, asset management transactions and cross-border club/consortium structuring. She was named one of Asian Legal Business’s “40 Under 40” outstanding legal professionals in Asia for 2017 and Asian Legal Business’s Southeast Asia Woman Lawyer of the Year in 2018.

In addition to her practice, Shirin is Managing Partner of Morrison & Foerster’s Singapore office and serves on the firm’s Mental Health Steering Committee and its Women’s Strategy Committee, which leads the firm’s award-winning initiatives for its women lawyers. As an advocate of workplace mental health, Shirin has facilitated firmwide mental health training and spoken at internal and external programs on mental well-being at work.



Emma Howard - National Mental Health Manager, Clayton Utz

Emma Howard is the National Mental Health Manager at Clayton Utz. Emma provides clinical expertise and direction in the development of educational programs, policies and procedures relating to mental health and wellbeing at the firm.

As a Senior Consultant Psychologist, Emma has provided psychological consultancy, including training on mental health, personal resilience, leadership and organisational change. Emma has extensive experience in providing counselling, coaching, and psychological rehabilitation services from graduates to executives.

Emma has worked with a range of clients, specialising in assisting employees in professional services, including banking, finance, law and consulting across corporate Australia. She has worked in supporting key legal practitioners participating in two Royal Commissions, including the commission into misconduct in the banking, superannuation and financial services industry as well as the commission into institutional responses

to child sexual abuse. Emma has also worked with media journalists, in pre-and post-deployments where risk and trauma is present.

Emma is a key speaker at national conferences and has published media articles on workplace stress, resilience, mental health and organisational functioning.

Emma completed a BA (Psychology) followed by Post Graduate Diplomas in Psychology and Science (Honours). Emma completed her Post Graduate Diploma in Professional Psychological Practice and went on to complete a Masters in Human Resources and Industrial Relations at the University of Sydney in June 2016. On a personal note, Emma is an aviation enthusiast with a Private Pilot's Licence.



Kylie Nomchong, SC - Chairperson, Wellness Committee, New South Wales Bar Association

Kylie was admitted to the Bar in 1997 and was appointed Senior Counsel in 2012. She practices in Employment Law, Human Rights & Discrimination, Professional Negligence, Work Health & Safety Law.

Kylie graduated with B.Ec (Hons) and LL.B (USyd) and worked in the Department of Industrial Relations there before commencing employment as a solicitor.

In 1991 Kylie was in-house solicitor for Actors' Equity of Australia, (later the MEAA) and established her practice in industrial law and employment law.

Kylie has held a variety of elected positions in the profession including on the Council of the Law Society of NSW, Public Interest Advocacy Centre, the College of Law, Equal Opportunity Committee of the Law Council and on the NSW Community Justices Centre.

Kylie is a long-standing member of the NSW Bar Council. She has served on numerous committees and has been Chair of the Wellbeing Committee since 2016. Kylie is also Vice-President of the Australian Bar Association. She has presented numerous CLEs.

From 2012 to 2019, Kylie was on the Board of Minds Count (formerly, Tristan Jepson Memorial Foundation) a charitable organisation whose objective is to promote psychological health and safety in the legal community.

Kylie has a strong belief in social justice and human rights. She has represented corporations, government departments, unions, individuals and contractors.

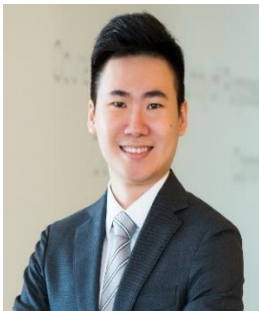


Sin Chei Liang – Counsellor/Psychotherapist, Counseling Perspective

Ms Sin Chei Liang, a panelled counsellor on Lawcare program of the Law Society, was formerly a corporate lawyer in private practice (as a Partner at Latham & Watkins for 9 years up to 2018, and prior to that as a Partner at Rajah & Tann for 9 years). Chei Liang is now practising as a Counsellor/Psychotherapist with Counseling Perspective (www.counselingperspective.com). She decided to make a career change to be in the helping profession of counselling, as she wanted to be able to touch people's lives in a more meaningful way

Chei Liang has worked with a broad spectrum of clients on various issues, including: burn-out, anxiety/ stress management, depression, career and life transition, career path concerns, low self-esteem, self-defeating schemas, maladaptive coping styles, parenting issues, relationship issues, and marital separations. She works collaboratively with clients to facilitate growth and change. She uses a holistic and integrative approach to help clients in their healing journeys through gaining insight to their negative thoughts and self-defeating schemas, as well as rediscovering their inner strengths and resources.

Chei Liang's own journey of navigating her way through the myriads of challenges to become a successful legal practitioner in the corporate world, coupled with her training and skill-sets in professional counselling, place her in a unique and congruous position to provide counselling/coaching to the working professionals, in particular lawyers.



Derric Yeoh – Global Disputes Associate, Jones Day

Derric Yeoh has significant experience acting as counsel and tribunal secretary in high-profile sports, commercial, and investor-state arbitrations. He has advised and represented multinational companies, state-owned entities, and governments in disputes ranging from banking, sports, commodities, energy, chemical processing, and pharmaceuticals.

Derric began his legal career training as a pupil under Dr. Michael Hwang S.C., a leading international arbitrator and the former chief justice of the Dubai International Financial Centre Courts. Derric is familiar with common law and civil law principles, having practiced at a leading Swiss law firm in Singapore, Zurich, and Geneva prior to joining Jones Day.

Derric also has litigation experience and served as instructed counsel in *Bok v. Bol & Bom* [2017] SGHC 316, which is now the leading case on the doctrine of unconscionability in Singapore.

Derric has published articles on international arbitration that have appeared in the *Journal of International Arbitration*, the *Singapore*

Arbitration Journal, and the *Kluwer Arbitration Blog*, which are widely cited by other authors. He has also spoken at international conferences on international arbitration together with such prominent speakers as Lord Briggs of the UK Supreme Court. Derric is the assistant editor of the *Singapore Arbitration Journal* and is among the pioneer batch of graduates of the Hong Kong International Arbitration Centre (HKIAC) accredited tribunal secretaries program. He is active in several young arbitration groups and is an elected council member of the Law Society of Singapore dedicated to promoting and defending the rights and welfare of the junior bar.

Admin Note to Singapore Practitioners and s36B Foreign Lawyers in relation to the Mandatory CPD Scheme:

No of Public CPD Points: TBC
Practice Area: Professional Skills
Training Level: General

Participants who wish to obtain CPD Points are reminded that they must comply strictly with the Attendance Policy set out in the CPD Guidelines. For this activity, this includes logging in at the start of the webinar and logging out at the conclusion of the webinar in the manner required by the organiser, and not being away from any part of the webinar for more than 15 minutes. Participants who do not comply with the Attendance Policy will not be able to obtain CPD Points for attending the activity. Please refer to <http://www.sileCPDcentre.sg> for more information.

Note: In the course of the event, photographs/videos/interviews of participants could be taken/conducted by the Law Society or parties appointed by the Law Society for the purpose of post event publicity, either in the Law Society's official publication/website, social media platforms or any third party's publication/website/social media platforms approved by the Law Society.

Registration

To register, please visit our website at: <https://www.lawsociety.org.sg/CPD-Portal/Law-Society-Events>. For enquiries, please contact us at cpd@lawsoc.org.sg or 6530-0242.

1. Terms and Conditions

1.1. "Free" registration tickets are extended only to Law Society of Singapore Members.

Note: Other employees of law firms are not eligible

1.2. "Free" Registration tickets are strictly non-transferable.

1.3. If a Member is found to have lapsed in attendance of 3 free webinars, without cancellation of registration at least 3 working days prior to the event, their subsequent free registrations will be rejected and the usual registration fee will apply. Strictly no exemptions will be considered.

1.4. Registration closes on the date as stipulated on the registration page or when all seats are filled.

1.5. Allocation of seats is on a first-come-first-served basis and there are limited seats for each programme.

1.6. The registration fee is due and payable upon registration and must be received prior to the programme.

1.7. Payment must be made by the closing date stated. Registration will only be confirmed upon receipt of full payment.

1.8. The Law Society reserves the right to refuse to register or admit any participant, and to cancel or postpone the programme.

1.9. For paid registrations, a substitute delegate is welcome, provided that The Law Society is notified in writing of the substitute delegate's name and particulars at least 3 working days before the programme. Substitution of registrant is not applicable for "Free" registration tickets.

2. Cancellation and Refund of Fees

2.1. Participants who cancel their registration before the commencement date shall be liable to pay the percentage of the registration fee set out as follows:

- i. 20 calendar days before commencement date: 25% of registration fee.
- ii. 8 to 19 calendar days before commencement date: 50% of registration fee.
- iii. 7 calendar days or less before commencement date: 100% of registration fee.

2.2. Participants who cancel their registration without prior payment shall also be liable to the cancellation fee set out in 2.1. In the event that the payment for cancellation fee is not received despite multiple chasers, a tax invoice will be issued and mailed to your law practice/organisation.

2.3. Participants who are unable to attend the programme due to medical exigencies will be subject to a cancellation fee of 50% of the registration fee.