

Getting it Right: Arbitrating in the Post- COVID Virtual Arena

Mental health in the virtual world

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New York Arbitration Week 2021



LEOCussen
CENTRE FOR LAW



Good mental health is not just the absence of mental illness but the ability to lead a life of value.



“If we take care of our associates, they will take care of our guests, and our guests will come back”.

- Marriot International





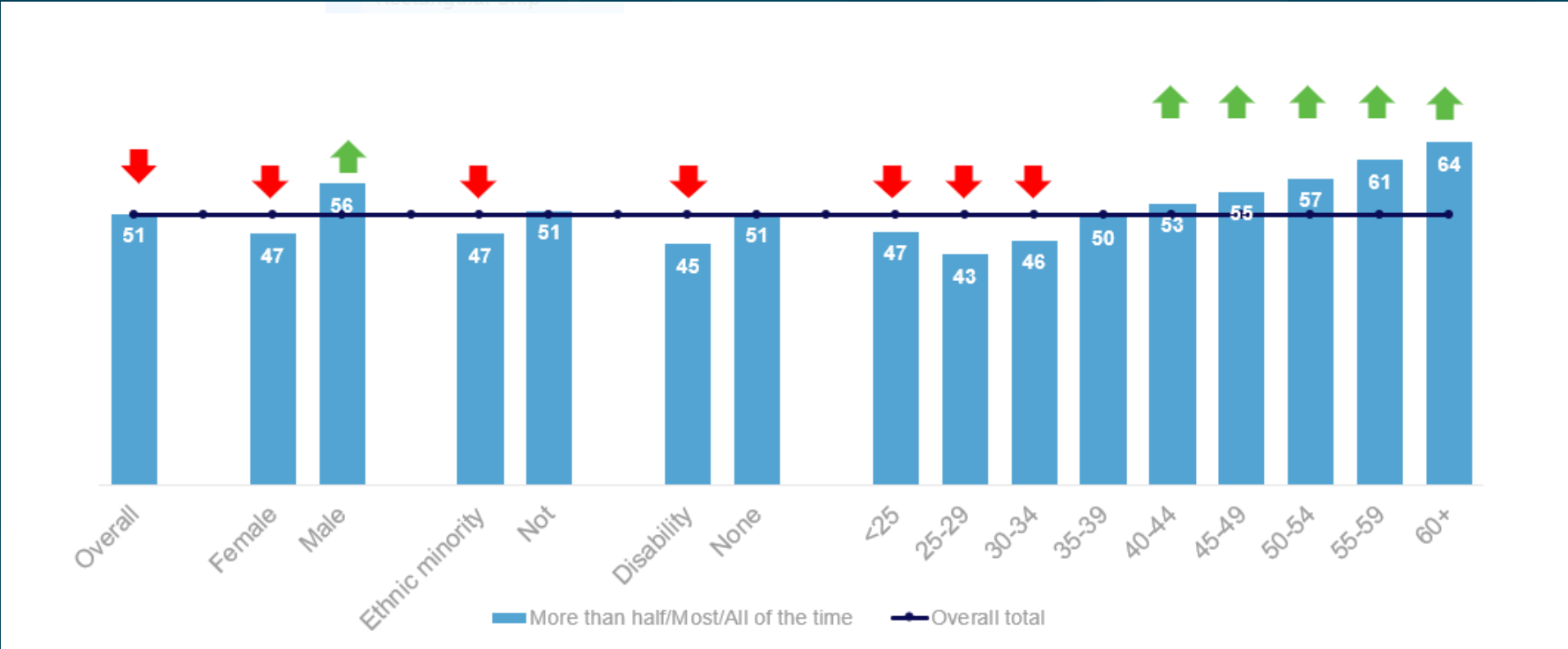
LEGALCHEEK Posts



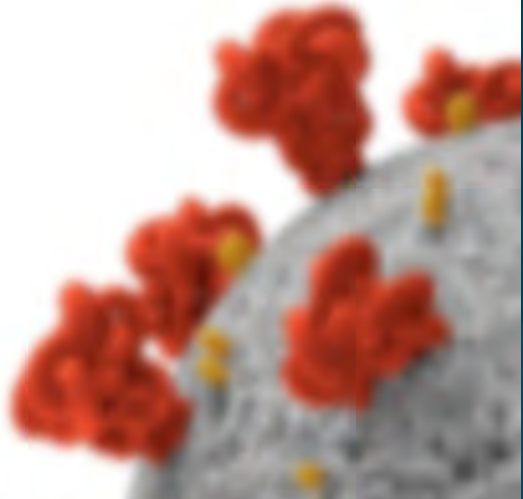
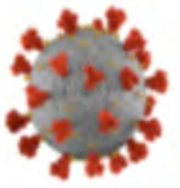
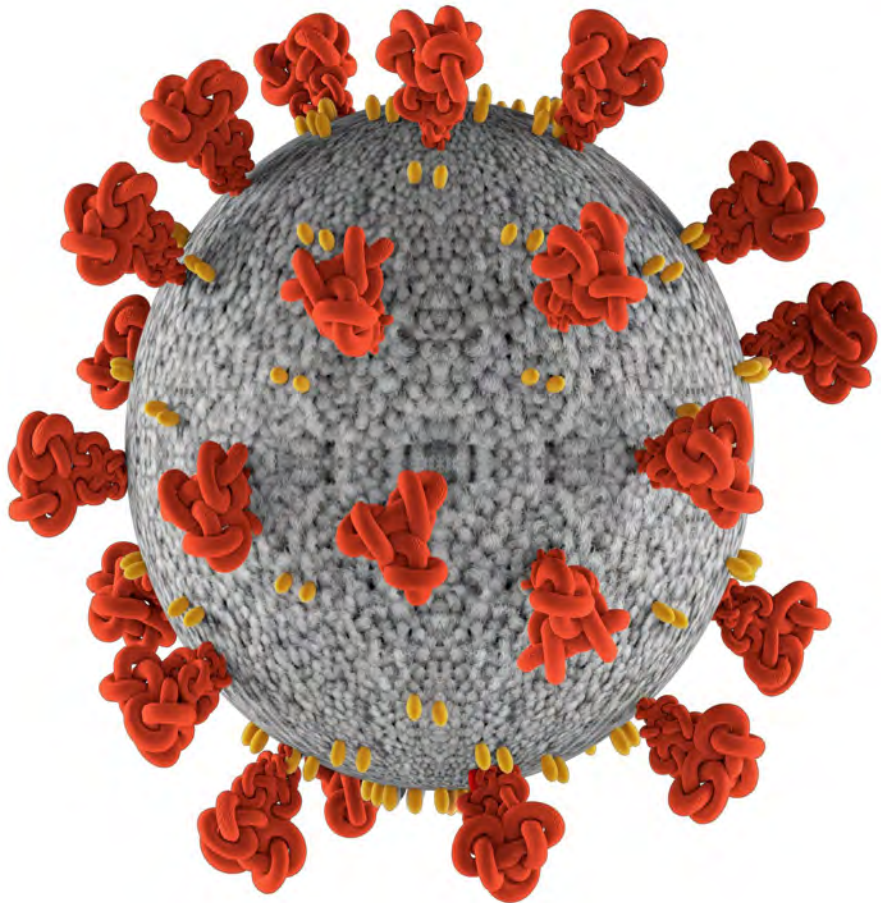
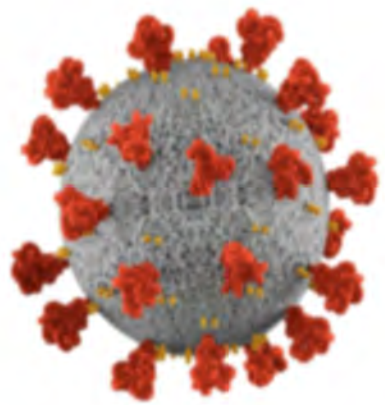
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Overall Wellbeing Index Score



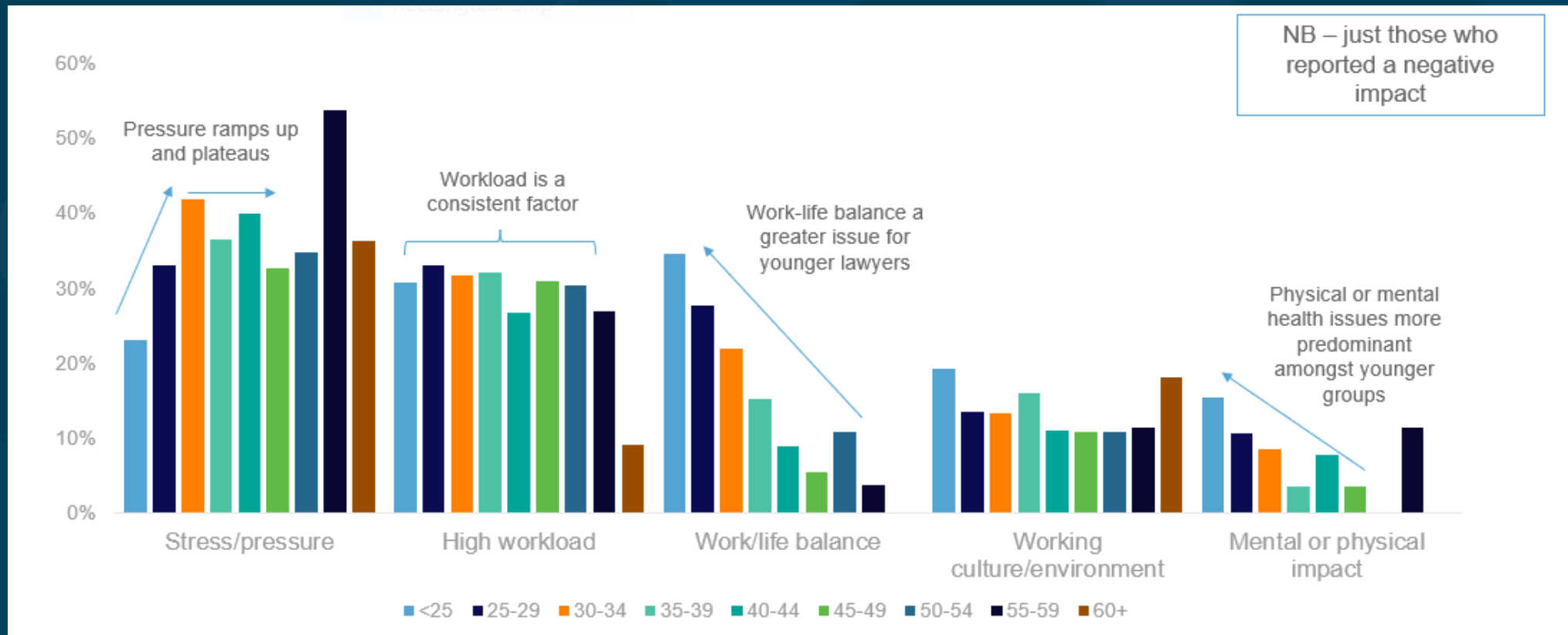




Poll Questions



Key factors why work has a negative impact on mental health

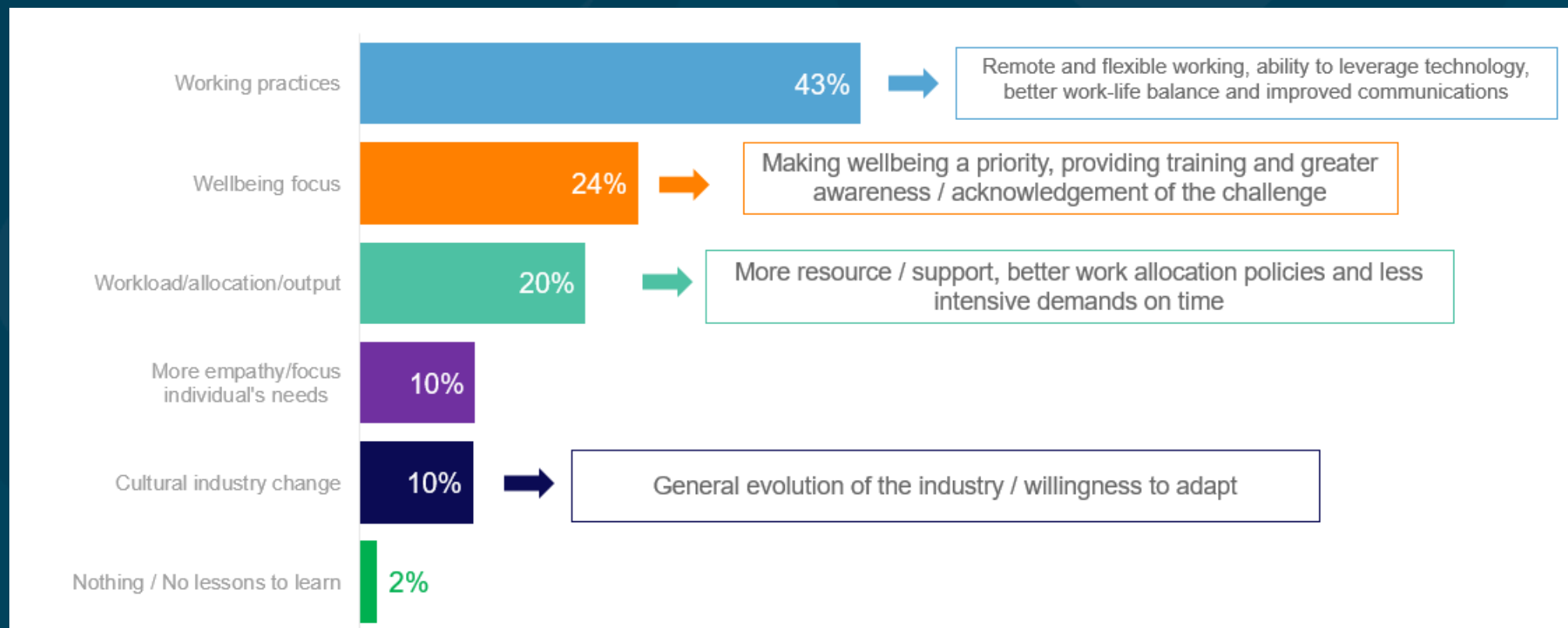


Recommendations made by the NYSBA Task force

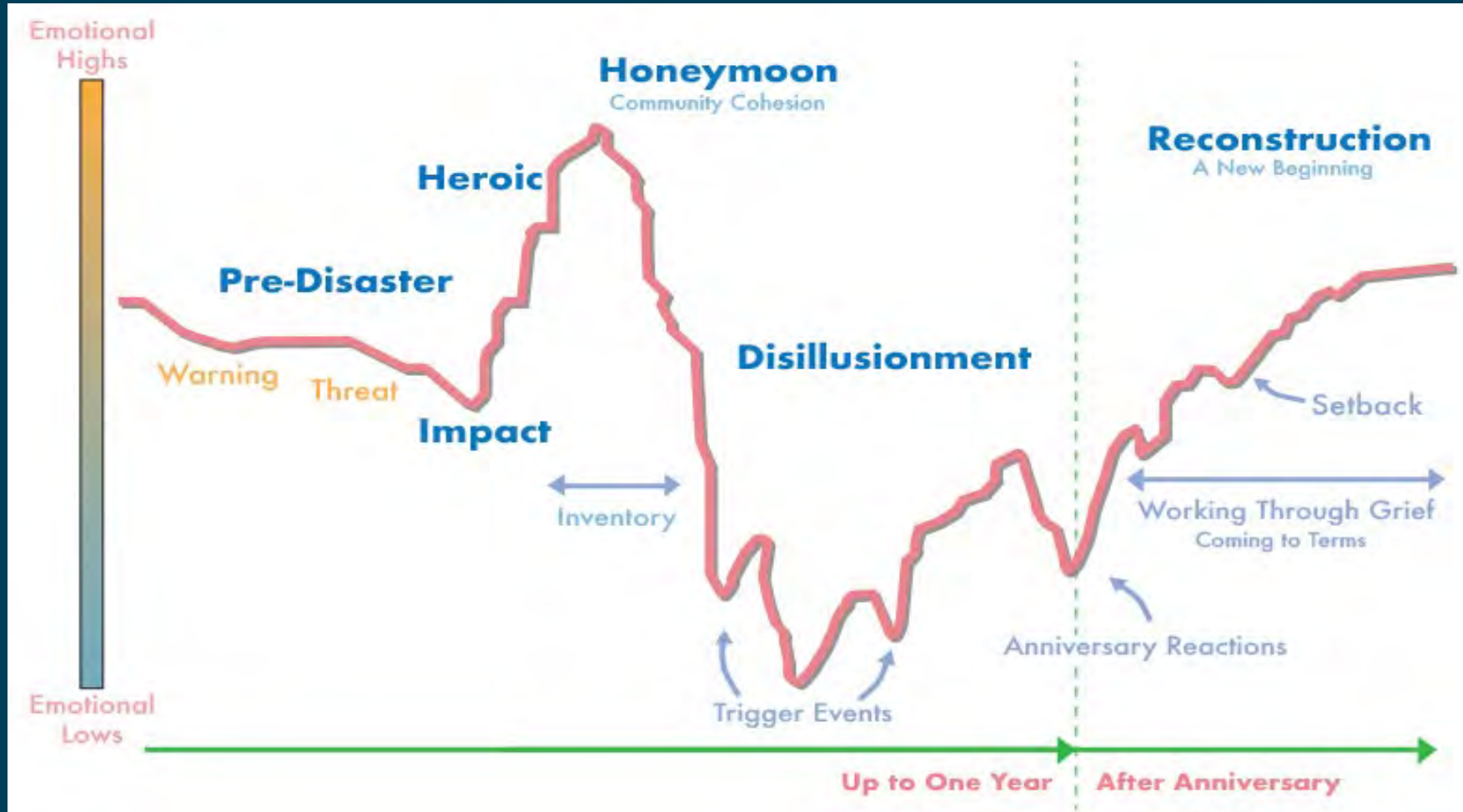
- Capping billable hours at 1800 and making sure lawyers take all vacation time
- Law school students being required to study attorney wellbeing
- Training the judiciary on the importance of recognizing mental health issues
- Acknowledging the negative impact of a lack of diversity among law school professors
- Persuading law firms to encourage parents to take leave
- Continuing to offer virtual hearings to accommodate lawyers with disabilities
- Addressing discrimination faced by lawyers of colour in some courtrooms
- Creating more NYSBA CLE classes focused on wellbeing



What lessons can the profession learn from the pandemic?



Mental health and COVID



“Phases of Disaster” Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters



A sustainable future

Individual level

- Proactive about our mental health
- Engaging in regular self-care
- Maintaining good relationships
- Reaching out for support
- Being a support for others

Firms/Organisations

- Promoting psychological safety
- Helping employees as they would their clients
- Align employees around purpose





Contact

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