



VICTORIAN  
WOMEN  
LAWYERS

# LIFE BALANCE FOR WOMEN IN THE LEGAL INDUSTRY

## PANEL DISCUSSION

Please join us for an invigorating discussion about life balance with a panel of successful women focused on promoting health and well-being for professional women.

Many female lawyers are concerned about maintaining their health and wellbeing whilst continuing to progress their careers. This event aims to raise awareness about issues that affect the health and wellbeing of female lawyers, provide advice about how to maintain life balance and deliver practical strategies for health, happiness and career success.

VWL is excited to present a panel of women who are willing to share their experience, wisdom and advice with women in the legal industry.

### DATE

Tuesday 18 August 2015

### TIME

12.45pm: registration and light refreshments

1.00pm: panel discussion

### LOCATION

Clayton Utz  
Level 18, 333 Collins Street  
Melbourne

### COST

Members	Free
Non-members	\$5

### REGISTRATION

[www.vwl.asn.au/events](http://www.vwl.asn.au/events)

Children are welcome at this event.

### PRESENTATIONS BY:



#### ANNE WINCKEL

After a career in the education sector and completing a Masters Degree in Constitutional Law, Anne became a legal recruitment consultant before starting her own executive search business – Delta Partners. Her two main vocations – education and recruitment – have given her 25 years of observing the way we make career plans and then sometimes ignore, or merely survive those plans. Over the last 20 years, Anne has spoken to diverse audiences about career and hiring related issues, and personal well-being when navigating the storms of life. Some themes which emerge from Anne's new book, 'Time Poor Soul Rich' are survival tips for the time-poor pandemic, reclaiming the greatest casualties of our busy lives, time management training without self-sabotage and time management with soul.



#### MICAELA DRIEBERG

Micaela is a current Councillor and former Mayor of the City of Monash. In addition to this role she operates her own consultancy specialising in government relations, community planning and engagement, lectures in urban planning and public health at University of Melbourne and Monash University, hosts a television show – Sacred Spaces – that interviews architects and builders about Melbourne buildings and is Chair of Women's Health East Board of Directors. In her work as a consultant, Micaela supports organisations to create and enhance healthy, engaged and equitable communities.



#### MICHELLE MCQUAID

Michelle is a best-selling author, workplace wellbeing teacher and playful change activator. She fuses the latest science in positive psychology and neurobiology with over a decade of business leadership experience to bring you simple, tested actions to reduce stress and anxiety, cultivate a lasting sense of wellbeing and happiness, and become an exceptional leader. An honorary fellow of Melbourne University's Graduate School of Education, Michelle's work has been featured in the Harvard Business Review, the Wall Street Journal, Boss Magazine, The Age, Women's Agenda and more. She holds a Masters in Applied Positive Psychology from the University of Pennsylvania and is currently completing her PhD in Appreciative Inquiry. Michelle lives to help people discover their strengths, move beyond their fears and discover what it takes to flourish with confidence.

CLAYTON UTZ