

Quality of Life Committee

Activities and accomplishments:

The Quality of Life Committee (“The Committee”) met six times in 2011. The Committee began its work by reviewing the Committee’s Charge, discussing goals for the year, and slotting new members into Subcommittees. The Committee’s goals and accomplishments for 2011 are as follows:

Goal 1: Focus on the websites and specifically: (1) merge the two websites into one; (2) update and revise the website so that it contains an article archive, calendar with information about upcoming meetings and presentations, links to outside resources, and a suggestion box.

The Committee was able to make significant progress in accomplishing this goal. The Committee (with the help of OSB Staff) merged the two websites into one. The Committee also updated the basic information contained on the website and added a video of the “How to Work a Room” program presented at Lewis and Clark in 2010. The Committee also added a calendar which provides the details for each upcoming program sponsored by the Committee.

However, there is still work to do. We think it would be great to establish and build a database of the articles the Committee has published in the OSB Bulletin, and to build an archive of model policies (including telecommuting and sabbatical policies).

Goal 2: Review the results of the 2010 Survey and consider shaping programs and/or articles in order to focus on the issues commonly identified in the 2010 Survey.

The 2011 Committee reviewed and talked about the results of the survey and created a subcommittee called the Work/Life Balance Subcommittee. The 2011 Committee urges the 2012 Committee to perform another review of the survey results and then decide what additional programs or articles would be beneficial to the bar. It may also be helpful to post the survey results on the Committee website.

Goal 3: Continue to present programs at Oregon law schools and aspire to present at least one program at all three law schools in 2011.

The Committee is proud to say that it presented a program at each of the Oregon law schools in 2011:

On October 5th, Kellie Johnson, Shawn Menashe, and Committee Chair Andrew Schpak presented a program entitled “How to Work a Room” at Lewis and Clark Law School. The program was well-attended and followed by a social/networking event at which the law students could put the networking tips to use.

On November 16, Committee Secretary Kevin Myles and Committee Member Kyle Dukelow presented a program entitled "Preparing for a Satisfying Career in the Law" at Willamette. The panelists shared insights with soon-to-be-lawyers about the paths they took and what they learned along the way.

On September 22, Committee Member Kyle Dukelow as well as Marianne Dugan and Scott Lucas presented a program entitled "How to Work a Room" at the University of Oregon.

Goal 4: Select topics and identify authors to draft articles on Quality of Life issues for publication in the OSB Bulletin.

Kevin Myles is in the process of writing an article on volunteerism and how it causes some attorneys to transition out of private practice. He is still performing interviews but the article will be submitted to the OSB Bulletin for publication soon.

In addition, Committee Member Heather Decker has completed an article on Relaxation Breathing. Committee Member Kali Tara has completed an article on Stress Reduction Through Mindfulness. Both of these articles will be submitted soon.

Goal 5: Reinvigorate the Transitions in the Practice of Law Subcommittee by broadening its scope to include all transitions in a lawyer's career (not just the transition out of practice into retirement or incapacity, but also transition from law student to lawyer, associate to partner, etc.) and by following up with the BOG about the status of the Senior Lawyers' Task Force proposal.

Committee Member Pat Ehlers is organizing a program on Sabbaticals which will be presented as a brown bag lunch in early 2012.

Committee Members Kali Tara and Heather Decker will be presenting a CLE program on Work and Career Transitions on February 24, 2012 at the OSB Center. Nancy Potter Wasmer also will be presenting as part of that program.

The Committee also will present a program at the OSB Center entitled "10 Minute Stress Reduction Strategies." The strategies include relaxation breathing, chair yoga, and meditation. If it is successful, the Committee may present the program again downtown.

With respect to the Senior Lawyers' Task Force proposal, the BOG said that they were focusing their resources and energy on the New Lawyer Mentoring Program in 2011 so this might be an issue that the Committee revisits with the BOG in 2012.

Recommendations for 2012:

The 2011 Committee proposes a few goals for the 2012 Committee:

Retain the current Goals set forth in the Committee Charge;

Focus on the website by adding additional resources, including a database of the articles the Committee has published in the OSB Bulletin, an archive of model policies (including telecommuting and sabbatical policies), and a “suggestion box;”

Continue to present programs at Oregon law schools and aspire to present at least one program at all three law schools in 2012;

Select topics and identify authors to draft articles on Quality of Life issues for publication in the OSB Bulletin; and

Revisit/follow-up on the Senior Lawyers’ Task Force proposal to the BOG

Review the results of the Survey and grow the new Work/Life Balance Subcommittee through programs and CLEs directed to the bar at large.

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