

Activities and Accomplishments:

- Planned and presented the CLE “Recharging your Career – the Importance of Sabbaticals” on February 7, 2013 at Stoel Rives. QOL member Patrick Ehlers presented in a panel with two other attorneys about their sabbatical experiences.
- Planned and presented “10 Minute Fix: Stress Reduction for Attorneys” in cooperation with the MBA YLS Professional Development and Education Committee on May 16, 2013 at Perkins Coie LLP. QOL Chair Heather Decker presented on and led participants in relaxation breathing techniques and chair yoga, and Kathleen Bell, RN led a guided meditation practice.¹ QOL Secretary Eva Marcotrigiano wrote an article summarizing the presentation that was published in the *Multnomah Lawyer*, September 2013, p. 12.
- The Committee visited the law schools to present on quality of life and networking:
 - September 18, 2013, Lewis & Clark Northwestern College of Law: Law School Presentation Subcommittee members Mindy Stannard and Cody Elliott staffed an informational table at the law school’s inaugural “Bar Prowl” event showcasing OSB organizations. 15-20 law students visited our table.
 - September 19, 2013, University of Oregon School of Law: “How to Network and Work a Room” presented by Law School Presentation Subcommittee Chair Kyle Dukelow with assistance from three local attorneys, followed by speed networking. 25 law students attended.
 - October 16, 2013, Willamette University College of Law: “10 Minute Fix: Stress Reduction Techniques” presentation by QOL Chair Heather Decker, followed by speed networking. Attended by Subcommittee Chair Kyle Dukelow, QOL Chair Heather Decker, QOL Secretary Eva Marcotrigiano, and QOL Member Mindy Stannard, and five local lawyers. 12 law students attended.
- QOL member Amy Miller evaluated and supplemented the Committee’s website with new materials and articles, and continued work on decommissioning the old website.
- Evaluation and revision of the Committee’s Charge to better incorporate the breadth of meaning that “quality of life” may have for lawyers attempting to integrate their personal and professional lives beyond the concept of “work/life balance.”
- At monthly Committee meetings, members discussed the various meanings of “quality of life” and shared progress on their own “quality of life” goals.

¹ Personal Management Assistance CLE credit was sought by the MBA but declined by the OSB MCLE Department.

Matters Considered/Matters Pending:

- Transitions Subcommittee sought and obtained sample work/life balance and leave policies from local employers as resources for publication on the Committee's website.
- Committee member Anne Villella is drafting an article on compassionate listening for publication on the Committee's website and for submission to the *OSB Bulletin*.
- Chair Yoga, Relaxation Breathing and Meditation practices from the "10 Minute Fix" will be added to the website as individual 10 minute segments.

Recommendations for 2014:

- Engage in strategic planning and vision work for the Committee's website to more fully utilize it to promote and share the Committee's work and website content.
- Promote participation in a technology holiday for lawyers (e.g., the National Day of Unplugging, <http://www.sabbathmanifesto.org/unplug>)
- CLEs focused on personal finance issues, such as: personal finance hygiene habits, "Finding your financial footing" for recent graduates, and retirement planning.
- Potential CLE/article topics: sleep hygiene; Sabbaticals part 2 – planning and preparing for a sabbatical; social networking addiction; what "quality of life" means to you?

Other Comments:

This was a year marked by turnover with pre-term resignation of several veteran Committee members and our long-term OSB Liaison. We recruited and nominated candidates for appointment to fill those positions and oriented our new members to the Committee. Adina Flynn, JD was appointed as an Advisory Member to assist the Committee in addressing personal finance issues as they relate to a lawyer's quality of life, un/underemployment of recent graduates and lofty law school debt, and the needs of older lawyers approaching retirement. These issues have taken greater importance in, and influence over, quality of life in the wake of the "Great Recession."

Respectfully submitted:

The bar will insert list of current committee members