

## AAW WELLBEING PROGRAM 2023

# Talk, Walk and Run for Wellbeing

In an effort to promote the importance of wellbeing amongst the arbitration community, ACICA is pleased to introduce the Australian Arbitration Week (AAW) Wellbeing Program - Talk, Walk and Run for Wellbeing. For the first time, AAW participants will have the opportunity to join social events which encourage outdoor physical activity and a substantive session aimed at normalizing the conversation around mental health in our field.

According to the IBA Report on Mental Wellbeing in the Legal Profession (published in October 2021), one in three members of the legal profession say their work has a negative, or extremely negative, impact on their wellbeing. This is a startling statistic that has prompted discussion at ACICA about how we can support wellbeing initiatives in our community.

During AAW, there will be a walk and a run led by members of the arbitration community including representatives from ACICA before the substantive sessions begin on Tuesday, 10 October and Thursday,

12 October. This will provide those who join with an opportunity to take in Perth's incredible riverfront including the parklands that line the river. We understand that not everyone networks and creates connections in the same way. These events aim to create a setting to converse with colleagues in a less formal environment while enjoying one of the great benefits of life in Australia – the beautiful outdoors.

In an effort to raise awareness of how wellbeing can be impacted by our work, we have organised a substantive session on Tuesday 10 October to explore and champion the latest developments, research and best practice initiatives in the area of mental health for the legal profession. By discussing these issues openly, we aim to raise greater awareness of the mental health challenges our profession faces.

We hope you will join us in creating space for wellbeing at this year's AAW.

Further details can be found below, and on the AAW [Calendar of Events](#).

### SUPPORTED BY



For further information  
about ACICA  
[www.acica.org.au](http://www.acica.org.au)



**ACICA**  
Australian Centre for  
International Commercial Arbitration

# Walk & Run for Wellbeing

**Date: Tuesday, 10 October 2023**

Time: 6:30am AWST

Meeting point: Bell Tower, Elizabeth Quay

- Run led by Matthew Lee (Principal, Burford Capital) and Daisy Mallett (Independent Arbitrator & Legal Consultant)  
*Distance approximately 5km, duration approximately 40 minutes\**
- Walk led by Deborah Tomkinson (ACICA Secretary-General) and Judith Levine (ACICA Vice President & Independent Arbitrator)  
*Duration approximately 40 minutes\**

[Register here](#)

**Date: Thursday, 12 October 2023**

Time: 6:30am AWST

Meeting point: Bell Tower, Elizabeth Quay

- Run led by Amanda Murphy (Principal, Sustainability and ESG Legal, BHP) and Michael Robbins (Special Counsel, DLA Piper)  
*Distance approximately 5km, duration approximately 40 minutes\**
- Walk led by Georgia Quick (ACICA President & Partner, Ashurst) and Erika Williams (ACICA Counsel & Independent Practitioner)  
*Duration approximately 40 minutes\**

[Register here](#)

\*ACICA shall not be deemed responsible or liable for any injury, illness or death arising out of, or in any way directly or indirectly, connected with the wellbeing walks and runs taking place during AAW. Those who participate acknowledge they are participating voluntarily, and understand that exercise can be a potentially hazardous activity.



Matthew Lee



Daisy Mallett



Deborah Tomkinson



Judith Levene



Amanda Murphy



Michael Robbins



Georgia Quick



Erika Williams

# Talk for Wellbeing – ACICA webinar

**Speaking of Balance: Wellbeing in International Arbitration**

Date: Tuesday, 10 October 2023

Time: 4pm - 5pm AWST

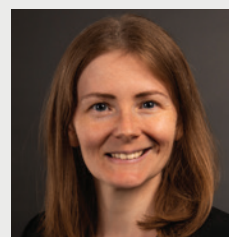
**VIRTUAL ONLY**

Speakers:

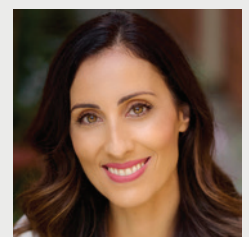
- Amanda Lee, International Arbitrator, Consultant at Costigan King and Founder of ARBalance
- Desi Vlahos, Commissioner on the IBA Professional Wellbeing Commission & Senior Lecturer at the Australian College of Applied Professions
- Professor Samuel Harvey, Executive Director and Chief Scientist, Black Dog Institute

Moderated by: Deborah Tomkinson, ACICA Secretary-General

[Register here](#)



Amanda Lee



Desi Vlahos



Prof. Samuel Harvey



Deborah Tomkinson