

WORKPLACE WELL-BEING
HANDBOOK FOR LAW FIRMS

BY: ANNE M. BRAFFORD

*“Excellence is never an
accident. It is always the result
of high intention, sincere effort,
and intelligent execution.”*

– Aristotle

AUTHOR BIO



Anne M. Brafford (JD, MAPP, PhD Candidate) is a former equity partner at Morgan, Lewis, & Bockius LLP and the founder of Aspire (www.aspire.legal), an education and consulting firm for the legal profession. Anne is the Vice President of the Institute for Well-Being in Law (IWIL, formerly known as the National Task Force on Well-Being), the Vice President of Programming, and the Chair of IWIL's Well-Being Week in Law. She is the past Chair of the ABA Law Practice Division's Attorney Well-Being Committee and was the Editor-in-Chief and co-author of the 2017 report of the National Task Force on Lawyer Well-Being, [The Path to Lawyer Well-Being: Practical Recommendations for Positive Change](#).

As part of her role with the ABA's Presidential Working Group formed to investigate how legal employers can support healthy work environments, Anne authored the freely-available [ABA Well-Being Toolkit for Lawyers and Legal Employers](#). Anne is the author of an ABA-published book titled [Positive Professionals](#), which provides science-based guidance to law firm leaders for boosting work engagement for lawyers. Anne also is a Trusted Advisor to the legal profession's Professional Development Consortium.

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The material contained in this Handbook represents the opinions of the author and should not be construed to be the views or opinions of the Institute for Well-Being in Law.

Nothing in this Handbook is to be considered the rendering of legal advice and readers are responsible for obtaining such advice from their own legal counsel. This book is intended for educational and informational purposes only.

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All revenue from the purchase of this Handbook will be donated to support Well-Being Week in Law.

My hope is that this Handbook will be widely used and distributed to help law firms that are working hard to build effective workplace well-being programs. My hope also is that the Handbook serves as a source of funding to continue to provide high-quality programming during Well-Being Week in Law (WWIL). All revenue from the purchase of the Handbook will go directly to the Institute for Well-Being in Law to support WWIL. To balance these goals, the following Use Guidelines apply to this Handbook:

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I hope you find this Handbook helpful! Thanks for supporting well-being in the legal profession!

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