

## WELCOME YOUNG LAWYERS SECTION MEMBERS TO THE FINAL EDITION OF THE YLJ FOR 2014.

The YLS and its Executive are thrilled to share with you some of the key achievements and contributions we have made in 2014.

With a focus on providing you with more opportunities to build strong relationships within the legal profession (which are crucial and can inevitably lead to greater career opportunities), we have been working hard on the expansion and development of the LIV mentor program which is scheduled to be rolled out in 2015, with current training of new mentors already underway.

In light of the National Attrition and Re-engagement Study (NARS) commissioned by the Law Council of Australia (LCA) which found that nearly one in three participants expressed dissatisfaction with the accessibility of mentors, we believe this achievement to be particularly timely. We will continue to keep you up to date in relation to the developments of the mentor program.

This year we have liaised with key bodies and leaders in the legal profession, including Section lawyers and Section chairs, councillors and representatives at the LIV, members of the judiciary and the Australian Young Lawyers Committee of the LCA, not to mention our young lawyers and law

students, in relation to factors affecting health and wellbeing and attrition rates. We have expressed the view that although our senior lawyers are often very strong technically, we also look to them to provide leadership, to be innovative, and to have developed communication and management skills. We have encouraged the LIV to consider these issues through development programs offered to the legal profession.

We have also connected our committee members with key community issues and law reform including:

- development of a human trafficking taskforce;
- organising a pivotal children in immigration detention forum and connecting our members with opportunities to respond and assist those in detention; and
- drafting and assisting with submissions in key reform areas such as foreign marriages and firearms regulation.

We have assisted in the development of new and innovative young lawyer professional development programs which are set to be rolled out in 2015, and significantly contributed to bringing you relevant, timely



and interesting articles and information through this publication, together with the weekly YLS blog and daily posts on the YLS Facebook page.

More information can be found about our extensive achievements and contributions in the YLS Annual Report set to be released at the YLS AGM which will be held in the coming weeks.

The work completed by the YLS is ever evolving and we encourage you to consider some of the key issues that affect young lawyers and the community and how you might get involved and help shape the agenda for the YLS in 2015. We would love you to be involved. ■

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### EDITORIAL > GETTING THE BALANCE RIGHT



**Maintaining a healthy work-life balance is one of many challenges facing all members of the legal profession today. Young lawyers and law students in particular are finding it difficult to maintain balance in the face of a shrinking job market and significant work pressures. Given these issues, and the high attrition rates that follow, it is more important than ever to develop strategies that assist in avoiding job fatigue and maintaining an efficient work-life balance.**

This YLJ, which will be our final edition for the year, provides a focus on work-life balance and offers tips and insights into developing an individualised balance that functions both in and out of the office.

In this edition you will find interviews and profiles that cover life outside the law, how to juggle growing family commitments and how essential a good work-life balance is to your career as a practitioner. Some of the articles also explore tips for avoiding burnout and provide information on opportunities for a change of scenery or involvement in things outside work.

We hope that our readers are inspired to take some time to make an honest assessment of their current work-life situation and are empowered to create or strive towards their own improved work-life balance. ■

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YLS The *Young Lawyers Journal* is published by the LIV Young Lawyers Section (YLS) Editorial Committee.  
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