

Staying Well in the Law: How to Flourish – feeling good and functioning well in the law  
Wednesday 12 June 2024 – 12.30pm – 1.30pm



## Michael Appleby

### Law Academic | Mental Health Educator, The College of Law

Michael Appleby is a coach (of lawyers and other professionals) and consultant (well-being and mental health) in the profession. Michael has held a practising certificate for more than 40 years (currently running only a very small practice).

He is also a Senior lecturer at the College of Law. At the College of Law he was the co-founder of a workshop entitled Well-Being in Practice which is now part of the curriculum at the College.

He has written materials for the workshop, trained other lecturers to be workshop facilitators and taught about 100 workshops. The workshop aims at providing participants (usually about 20 in each group) with some of the skills needed to thrive in practice. Michael has been teaching law graduates in the workshops for more than 12 years. Tens of thousands of students have attended these workshops at the College over that period of time. In addition Michael has presented papers locally and internationally in relation to the mental health and well-being of lawyers. He was part of the team which organised ran the first Well-Being in Law Conference in the UK, hosted by the Inner Temple, London. He has had a long-standing interest in the well-being of practitioners and the interventions which might better support their mental health and well-being.



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