Contents

Part I: Context

Chapter 1: Setting the scene
By Dominic Griffiths, managing partner, Mayer Brown International LLP

Chapter 2: A decade of conversation about mental health
By Professor Richard Collier, Leverhulme Trust Emeritus Research Professor, Newcastle Law School

Chapter 3: Human performance as business infrastructure – the financial case for wellbeing
By Renee Branson, MA Counseling Psychology

Part II: Culture and leadership

Chapter 4: The importance of a wellbeing culture
By Dominic Griffiths, managing partner, Mayer Brown International LLP

Chapter 5: Systemic health and systemic leadership: what is it and why does it matter?
By James Pereira, barrister and executive coach

Chapter 6: Leadership, governance, and accountability
By Dr Emma Jones PFHEA, senior lecturer in law, University of Sheffield

Chapter 7: The human aspect of wellbeing
By Allison Canton

Part III: The evolving workplace

Chapter 8: The impact of AI
By Marco Imperiale, managing director, Better Ipsum

Chapter 9: Working well, anywhere – creating the conditions for lawyer wellbeing
By Lisa Walker, principal, Walker Clarke

Chapter 10: The impact of wellbeing across the firm
By Jon Wareing

Part IV: People and support

Chapter 11: Unmasking imposter syndrome and mastering mental endurance
By Shuvra Deb, coach and former barrister

Part V: Implementation and measurement

Chapter 12: How do you measure success?
By Andy Stewart, ex-Mayer Brown partner and speaker on mental health

Chapter 13: Designing and implementing wellbeing programmes
By Richard Martin, Mindful Business Charter

Conclusion
By Dominic Griffiths, managing partner, Mayer Brown International LLP