

# Minds Count Lecture 2024



## Program

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**60 min**    **Wellbeing in the Law: Management and prevention of the physical impacts of burnout and stress**

Upholding the tradition of an annual Minds Count Lecture, Queensland Law Society in partnership with Bar Association of Queensland are proud to present this important event to shine the spotlight on mental health in the legal profession.

Through this presentation, Dr Kellie Rose will explore the physical impacts of burnout and stress and practical strategies to identify and address/prevent these symptoms. Participants from the session will gain insight and knowledge of practical strategies that they can individually implement to reduce the physical impacts of stress and burnout. The presentation will conclude with an open Q&A session.

This event presents a unique opportunity for the profession to engage in meaningful discussions around managing mental health and wellbeing, whilst still achieving the high standards expected of a legal practitioner.

Presenter: **Dr Kellie Pritchard-Peschek**, Founder, Dr Kellie Rose; PhD Exercise Science Coach and Speaker

Chairs:

**Rebecca Fogerty**, President, Queensland Law Society; Partner, Jasper Fogerty Lawyers; Accredited Specialist (Criminal Law) – Qld

**Douglas Campbell KC**, Bar Association of Queensland, Bar Council member



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## Presenters

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### **Dr Kellie Pritchard-Peschek**

**Founder, Dr Kellie Rose; PhD Exercise Science Coach and Speaker**

Dr Kellie Pritchard-Peschek is a Performance Scientist, Executive Women's Health Coach, Speaker, and Founder of Dr Kellie Rose. Kellie worked for over a decade with Olympic athletes globally, supporting them to achieve medal-winning performances on the world stage. After experiencing a debilitating burnout in the pursuit of her sports career, Kellie founded her executive coaching business where she is on a mission to equip professional women with science-based strategies to break the cycle of burnout, and cultivate sustainable health and peak performance.



### **Rebecca Fogerty**

**President, Queensland Law Society; Partner, Jasper Fogerty Lawyers; Accredited Specialist (Criminal Law) – Qld**

Rebecca is the President of Queensland Law Society. She is partner at Jasper Fogerty Lawyers and practises exclusively in criminal defence and domestic violence law. Rebecca is an Accredited Specialist in Criminal Law and the immediate past Chair of QLS' Criminal Law Committee. In addition to her role as a Councillor, Rebecca sits on the QLS Executive and Financial and Risk Management Committees. She is recognised as a leading Queensland Criminal Lawyer in the Doyle's Guide.