

Lawyer Wellbeing and Resilience in Law:
Purpose and Meaning as a protector for mental health.

Wednesday 6 March 2024– 12.30pm – 1.30pm



Carly Schrever

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BSci / LLB; MPsych (Clinical);
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Carly is a lawyer, psychologist, empirical researcher, and Director of Human Ethos. She has worked in and around the legal profession and the courts for 20 years, focusing specifically on judicial and lawyer wellbeing since 2015.

As part of her combined Master of Psychology (Clinical) / PhD at the University of Melbourne, Carly conducted Australia's first empirical and psychologically grounded research into the sources and nature of work-related stress among the Australian judiciary. This research has been published in peer-reviewed journals and text-books, and findings presented to judicial audiences around the globe.

From 2014-2022, Carly was the inaugural Judicial Wellbeing Advisor to the Judicial College of Victoria, leading a program of judicial wellbeing education and reform within the Victorian court system. She is a regular presenter at national and international judicial conferences on the topic of judicial stress and wellbeing, and has been engaged by jurisdictions in Australian, Asia, Africa, North America, the UK and the Pacific to design and deliver tailored wellbeing programs for the local judiciary. Carly also works with legal professionals in Australia and overseas to provide wellbeing and stress management training.

Since 2022, Carly has been a Principal Investigator on an Australian Research Council-funded national research project on judicial wellbeing across Australia, with findings expected to be published in 2026. She is also an Associate Professor (Principal Research Fellow) in Law at the University of Western Australia.



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