

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

Wednesday 6 March 2024– 12.30pm – 1.30pm



Sally Ryan

Director, Human Ethos

B.A., Grad.Dip.Ed. Psych., MaCIFT

Sally Ryan is a psychologist, family therapist and Director of Human Ethos. Sally specialises in building the capacity of people and organisations working in trauma-exposed environments.

Over the last 20 years, Sally has worked as a clinician, manager and trainer in a range of settings, including community health, education and with the Victorian judiciary and broader legal profession.

She has developed wellbeing programs that include group peer support, critical incident debriefing and individual counselling.

A highly experienced facilitator, Sally works with small and large groups, engaging them in reflective conversation to discuss shared challenges and goals. She has delivered interactive presentations nationally and internationally on topics such as vicarious trauma, judicial stress and wellbeing and systemic wellbeing responses.

Sally is a certified practitioner of Leadership Circle Profile and a professional coach. She works with leaders to build their own, and their teams', wellbeing and potential. Sally has a particular focus on working with leaders to reduce the risks of vicarious and cumulative trauma in teams.

Sally has been a member of the Australian Psychological Society (APS) since 2000.



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