



June 2011

Issue No. 82

IN SIGHT for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

OREGON WOMEN LAWYERS AND OAAP CREATE CONNECTIONS

While the weather was typical of spring-time in Oregon – cloudy with showers – it didn't hamper the enthusiasm of those who gathered at the Oregon Garden Resort this April. The Women's Wellness Retreat for women lawyers, now in its fourth year, has become an event not to miss for many of the attendees, who got an early start to the weekend on Friday afternoon with a Southwestern-themed buffet lunch. They were welcomed by OAAP Assistant Director and Attorney Counselor Shari Gregory, LCSW, JD, and Attorney Counselor Meloney Crawford, JD, CADC III, NCAC II, CGAC II, who served as event facilitators. They introduced the first presenter, Nancy Stek, LCADC, Assistant Director of the New Jersey Lawyer Assistance Program, who gave great tips on networking, reinforced by a dynamic exercise.

Nancy set the roomful of women on a scavenger hunt for personalities. Armed with a list of qualities describing "Fascinating Women Attorneys," the search was on to find someone in the room "with a hidden talent," or "who has been on safari," or "who has the same birthday month as you." General questioning of the group was not allowed, but the room was buzzing as women got to know previously unknown facts about their new friends and colleagues. During the debrief, Nancy pointed out an interesting fact. When the same exercise is used in a male-only or co-ed group, it frequently becomes competitive, while women will work together to help each other meet the goal of checking off all the boxes on their list.

After a quick break, the session resumed with Nina Meierding, MS, JD, discussing "The Impact of Gender on Communication and Negotiation," which provided participants with one CLE credit. In her interactive and humorous session, Nina noted significant ways that men and women differ in validation, humor, and apology, elaborating on the theme, "We are all like all others, we are all like some others, and we are all like no other." Free time to ponder, relax, or wander the gardens was followed by dinner, which was enlivened with more "table topics" on communication. The evening wound down with guided relaxation and meditation led by Zan Tewksbury, JD.

On Saturday morning, Zan led a session of the Nia movement technique, which had the participants energized and glowing. Others chose to sleep in – a rare luxury for many.

Virginia Terhaar, PhD, who has presented at all four retreat sessions, helped us explore the importance of meaningful friendships in our lives and how those relationships provide an important source of nurturing and validation. Subsequently, Susan Hammond, JD, expanded on the concept of spiritual connections, specifically how they enable us to become more fully human by connecting our heart, mind, body, and soul. Again, the room was lively with the hum of women sharing with each other the ways they personally connect with their deeper selves.

After a busy morning, participants picked up box lunches and made the most of nearly two hours of free time. Some

OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057

1-800-321-OAAP

www.oaap.org

Helping lawyers
and judges for over
25 years

- Alcohol & Chemical Dependency
- Career Change & Transition
- Gambling Addiction
- Mental Health
- Procrastination & Time Management

A free, nonprofit,
confidential program
for you.

took naps, read, or used the spa facilities; some drove into nearby Silverton to explore; while others walked or took the tram through the grounds of the Oregon Garden, where winter was beginning to give way to spring.

Finally, the two days of connections concluded with Attorney Counselor and freelance writer Meloney Crawford presenting about the vital ways that connecting to our creative side informs our personal and professional selves, as well as ways to nurture that creative connection.

After year four, the OAAP and OWLS have seen the Women's Wellness Retreat for women lawyers grow from a dream to a vibrant reality that has become a tradition we are excited to see continue. We encourage participants – both past and present – to tell their friends about the retreat if they have yet to attend. One woman's experience represented what many women have shared in a brief two-day getaway:

“My goal was to figure out how to try to make friends – a talent I seem to have lost. I made several at the retreat! Best of all, I made friends and connections with people that I wouldn't have expected to.”

MELONEY C. CRAWFORD
OAAP ATTORNEY COUNSELOR