



Wellbeing  
at the Bar

## CERTIFICATE OF RECOGNITION

### GUIDANCE DOCUMENT AND TERMS & CONDITIONS

[Wellbeing at the Bar](#) (WATB) aims to:

- Provide barristers and chambers' personnel with the information and skills they need to stay well
- Support members of the profession through difficulties that affect their professional life
- Help those responsible for or who are supporting those in difficulty or crisis

*Rachel Spearing*, co-founder of Wellbeing at the Bar.

To encourage Chambers, as well as organisations that employ Barristers, to share good practice and ideas for wellbeing initiatives, the Bar Council is offering a Certificate of Recognition to Chambers and organisations which develop wellbeing initiatives, policies and programmes for barristers and staff. It is hoped this Certificate will assist Chambers and organisations in demonstrating their commitment to barrister and staff wellbeing.

To get a Certificate of Recognition, you must have a wellbeing initiative in place, and be prepared to share your experience on the WATB portal.

Your policy, practice or initiative will be considered by the Wellbeing at the Bar Working Group which is made up of representatives of the Bar Council, the Inns of Court, the Circuits, Specialist Bar Associations, the IBC and the LPMA.

#### **Eligibility**

The certificate of recognition represents a profession-wide appreciation for the work of Chambers and employers of barristers, as well as Inns, SBAs, Circuits, the IBC and LPMA in:

- developing a wellbeing policy; or
- increasing awareness of wellbeing; or

- developing resilience training schemes e.g. mentoring or coaching schemes; or
- promoting wellbeing initiatives e.g. yoga or mindfulness sessions or sponsored runs etc.

If you have any questions about whether a policy, practice or initiative might be eligible, please contact Sam Mercer on 0207 611 1320 or via email on [SMercer@BarCouncil.org.uk](mailto:SMercer@BarCouncil.org.uk).

## **Application**

Applications for a Certificate of Recognition can be submitted by email to [SMercer@BarCouncil.org.uk](mailto:SMercer@BarCouncil.org.uk).

- Please complete the attached case study form; and
- Attach any other supporting documents as evidence

Certificates are awarded on a quarterly basis. To be considered, please submit an application (case study form and any other supporting documents) by:

Second round deadline: **1 February 2018**

Third round deadline: **1 May 2018**

Fourth round deadline: **1 August 2018**

Fifth round deadline: **1 November 2018**