



Union Internationale des Avocats
International Association of Lawyers
Unión Internacional de Abogados

Health & Wellness for Lawyers:

International Perspectives on Promoting Peak Performance among Attorneys, their Organizations, and their Communities

Seminar presented by the UIA

**FRIDAY, 8 MAY
& SATURDAY,
9 MAY 2026**



New York

NY, USA

www.uianet.org

[#UIAWellBeing](https://twitter.com/UIAWellBeing)

Introduction

In an era marked by complexity, uncertainty, and rapid transformation, the wellbeing of legal professionals is more than a personal issue: it is a strategic priority. From managing high-pressure environments to fostering peak performance, lawyers across the globe are exploring new ways to thrive, both individually and collectively.

In the second edition of the UIA Wellness Forum in New York, we will bring together international experts, practitioners, and thought leaders to explore holistic approaches to health and resilience in the legal world. Through an

interactive and interdisciplinary programme, we will address topics ranging from mental health and vicarious trauma to organizational strategies, compassion fatigue, and the role of technology in shaping sustainable work environments.

This event is designed for every legal professional who believes that excellence starts with wellbeing, and that a thriving profession is built on human strength, not burnout.

Join us in New York to connect, reflect, and lead the change.

All the information relative to our events is available on our Website www.uianet.org

The registration programme will be available soon. For more information, please do not hesitate to contact us.

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Bringing Together the World's Lawyers

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UIA facilitates professional development and international exchange of information and ideas, promotes the rule of law, defends the independence and freedom of lawyers worldwide, and emphasizes friendship, collegiality and networking among members.



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