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THE GLOBAL LAWYER

Kate Galloway, Melissa Castan, John Flood; Lexis Nexis, 2019; 198 pages; \$79.00 (paperback)

When I studied law as an undergraduate at Monash University in Australia, I actively sought out subjects that I could apply when I returned ‘overseas’, where I had spent part of my childhood. I took all the public international law subjects that were available at the time: international law, human rights law and the Jessup Moot. Even as an undergraduate, the naval-gazing Anglo-specific way in which law was taught left me yearning for broader discussions and broader thinking about the law – and how to practice it effectively.

The Global Lawyer does all these things. It contemplates not only what law is, but what law should be and, more importantly, how to be an excellent legal practitioner in this globalised, interconnected and complex ecosystem. The chapters are accessible. Each uses case studies and activities to involve the reader, or they are structured to be used as teaching tools that move beyond the black letter law too often taught without context or contemplation of the need for change.

The prolegomenon situates the book in a world that follows cycles, based on the work of Kondratieff, concluding that certain times in history require ‘radical and novel thinking’. Although written prior to the outbreak of COVID-19, the statement has never been truer. As we watch systems which have evolved over decades or centuries be challenged and crumble, the feeling of a need for a new way of approaching the world has been pressing. Rapidly changing laws, frameworks and

finances have left many experts asking how we can think differently and successfully about the world that is now upon us.

The Global Lawyer addresses many of these questions. After situating the context of the law and globalisation, the book discusses globalisation and the profession of law. Twenty years ago, it seemed remiss not to contemplate legal practice without considering legal interaction with other jurisdictions. To do so now seems a dangerous omission but one that this book does not make. The next chapter explores comparative global ‘lawyering’, including providing a taxonomy of legal systems helpful to students and practitioners alike. Often overlooked in legal training and practice, the concept of ‘cultural intelligence’ is also canvassed, exploring the soft skills and understanding that an effective legal practitioner needs.

The chapter on the digital lawyer is close to my heart, and sorely needed. All too often, conversations about technology in legal circles focus on the ways that technologies may change how lawyers practice, but not on the wide-reaching and profound changes to the world itself, and their subsequent effects on how to be a good lawyer. For example, do directors have different requirements given potential insights of data? What does consent or privacy look like in this hyperconnected, sped up online world? This chapter contemplates the impact of the digital on lawyers more broadly. How does technology change the way societies are functioning, and therefore the roles of lawyers in those societies? Shifts, some subtle, and some not so subtle, of power and infrastructure raise profound questions for lawyers. This chapter effectively flags and highlights some of these changes in relation to the legal practitioner.

Finally, the book contemplates what borderless lawyering looks like. What do lawyers need to know? How can they practice effectively in this interconnected, interdependent, and now, isolated environment? This chapter provides excellent provocations.

This book is a must for those studying law, those teaching law, and those trying to understand law’s role in a global context, by authors who are experts in their fields. It will inevitably be a useful reference for years to come, as we reflect on law and its role in a global context: what it was; what it is; and, most importantly, what it needs to be; shaping a new generation of lawyers to ask questions that, over two decades ago, remained

unanswered for me in a legal educational context. Luckily, those who come in contact with this book will not be alone in wondering about their role and place as a lawyer in the globalised world.

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WELLNESS FOR LAW: Making wellness core business

Judith Marychurch and Adiva Sifris (eds); LexisNexis Butterworths, 2020; 291 pages; \$95.00 (paperback)

Wellness for Law provides a variety of perspectives. The target audience is everyone with a law degree or studying for one. The 31 chapters were developed from presentations at the 9th Wellness for Law Forum held in Melbourne in February 2019. The 49 contributors (academics, law students, legal practitioners and judges) describe new empirical research, first-hand experiences and personal insights. The contributions are generally scholarly and cite the applicable research.

In chapter 1, the editors emphasise the high level of psychological distress observed in law students and practitioners. They then discuss the importance of supporting mental wellbeing among not only students and practitioners, but also law teachers and the judiciary. The book goes on to explore the wellbeing of each group.

In chapter 2 on Australia's tertiary students, the authors provide guidance on the duty of the university to support students' mental health. Universities must identify mental health problems, coordinate support services, and use early intervention programs. 'Implementable, evidence-based, whole-of-institution response, in partnership with staff and students and the community mental health sector' should be developed.

The next four chapters take on the experience of Australian law students. Chapter 3 discusses new research that explores wellness and wellbeing among law students at Monash University. Student wellness issues are portrayed as neither new nor well-understood, and they are intertwined with the wellness of teachers. The authors advocate a whole-of-university approach to mental distress. Chapters 4 to 6 were contributed by students. The first advocates enhancing student wellbeing by fostering financial stability, autonomous learning and compassionate teaching. The second asserts that there are no simple solutions and the work must begin with the individual. The third advocates cultivating wellbeing as a life skill and discusses how peer mentoring programs can have a direct influence on law school culture.

Chapters 7 and 8 examine the experience of Australian law teachers. Chapter 7's authors examine

the job demands facing law teachers and note that teacher anxiety, depression and stress give cause for concern. The authors advocate the importance of self-care and say teachers must 'fit their own oxygen mask first' in order to be in a good position to help their students do the same. Chapter 8 uses an empirical mixed method study to look at the impact of declining student attendance at lectures on law teacher wellbeing. The low level of student attendance at lectures negatively affected teachers' sense of competency, relatedness to the student body and sense of autonomy. New policies – even abandoning the traditional lecture/tutorial teaching model – should be considered.

Chapters 9 to 16 examine methods for supporting student wellbeing. These chapters explore taking a 'Whole of Law School' approach to wellness; emphasising hope as a tactic to combat stress; developing skills for self-reflection; using music as a method to reduce stress, support wellbeing and diminish symptoms of depression; mastering time regulation while finding 'flow' in work; and integrating wellbeing research findings into curriculum design in a way that makes health and wellbeing 'an integrated part of all aspects of training'. Chapter 11 empirically studies the relationship between empathy and student mental health and comes to the disappointing conclusion that there is no identifiable relationship between the two.

Chapters 17 to 21 consider wellbeing in the profession and contain several first-person accounts of working to make wellness a priority, including the uplifting experience of working as a lawyer in a bush town, and the wellbeing of lawyers in the face of technological change, which has both positive and negative effects on lawyer wellbeing.

Chapters 22 to 29 provide advice to young lawyers and examine the lived experience of the profession. Ten years' experience in the Victorian Bar Health and Wellbeing counselling service are reviewed in Chapter 27. Mental illness experiences are 'becoming normal' and the counselling service seeks to provide an 'alternative worldview'.

Chapters 30 and 31 provide the voices of judges, who remind us that they are under-resourced, lack support, and are expected to do so much that they cannot accomplish their mission without experiencing significant stress. In the final chapter, a judge notes how isolating judicial work can be and encourages judges to support their colleagues and promote wellbeing.

This book is a great resource for anyone interested in wellness in the law. Many different attitudes are expressed and new research discussed. The research is thorough and up-to-date. Specific recommendations and techniques are provided that you can try out in your own class, office or courtroom.

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