



Free Monthly Educational

WEBINAR

TUESDAY, November 21, 2023

2:00 P.M.—3:00 P.M. EST

Your Office Space Matters - Strategies that Support Health and Wellness

Register for the Webinar at: https://us06web.zoom.us/webinar/register/WN_nL7qLO0jRc-fGcx2qleJ_g

On average, Americans spend 90% of their time indoors. Our indoor spaces, including office spaces, significantly impact our health and wellness, yet law office design is often overlooked. Join this presentation to learn more about how office design strategies can foster healthier, more inclusive spaces that support occupant health and wellness.

Key Questions Law Firm Leaders Should Be Asking

- Does our office space align with, and reflect, our values?
- Do our employees and clients feel safe, welcome and supported in our office space?
- Does our office space provide support for, and complement, our broader DEI work?
- Does our space provide choice and options with respect to working conditions and location (i.e. quiet spaces for focused work, sound proof spaces for privacy, communal spaces for collaboration).
- Does our firm operations align with client and stakeholder Environmental, Social and Governance (ESG) goals / requirements?

Nicole DeNamur (she/her), Owner of Sustainable Strategies, Attorney, LEED Green Associate, WELL AP and Faculty, Fitwel Ambassador, EcoDistricts AP

Prior to launching Sustainable Strategies, Nicole practiced construction and insurance coverage law in the Seattle area for more than ten years. Her collaborative work focuses on uniting diverse groups to mitigate climate change through the built environment and creating healthier, more inclusive spaces. Nicole maintains numerous sustainable building

credentials, including WELL AP and Faculty, LEED Green Associate, Fitwel Ambassador, and EcoDistricts AP.

In 2021, Nicole was awarded Honorary Membership into the American Institute of Architects in Seattle, for her leadership on holistic sustainability, and legal stewardship of sustainable architecture and development in the Seattle community. Nicole currently serves on the institute's Board of Directors. In 2022, Nicole was named Educator of the Year by the International WELL Building Institute.



CLMSM Application Credit:

1 hour in the subject area of Information Technology and Organizational Development

CLMSM Recertification Credit:

1 hour in the subject area of Operations Management

Handouts will not be available. Attendees can visit <https://sustainablestrategiespllc.teachable.com/p/healthy-law-firms> for more information

The webinar recording will be available to Cyber Chapter members in the Online Community for 30 days after the webinar

