Richmond
A Chapter of the Association of Legal Administrators

February 2023 Member Meeting Minutes

February 16, 2023
12:00pm to 1:30pm
Virginia CLE
4801 Cox Road Suite 108, Richmond VA

Meeting was called to order by Christina Bloom President at 12:00pm.

Introduce and Thank Business Partners:

Silver Business Partner
Konica Minolta

Sponsors:

Thank you to today's meeting sponsor Konica Minolta

Announcements:

March 3-4	**Virginia ALA Statewide Retreat – Hilton Norfolk The Main** Tomorrow's Success Starts with You.
March 16	**Leadership: Your Competitive Advantage** How often do you consider leadership one of your profit centers? Law firms don't have a history of looking at how great leaders generate higher profits, and yet we know they do! Join in this conversation to understand how your culture impacts leadership, accountability, and engagement. You'll leave with practical tips and tricks to apply in your firm immediately.
April 20	**Event Planning & Catering** The Richmond Chapter is pleased to host a unique chance to learn about and network with 20 local Richmond caterers. Each caterer will showcase their specialties with samples to taste and information about how they can help you improve your catering efforts! You will leave feeling inspired and energized to plan your organization's lunches, meetings and parties!

Meeting/Speaker Introduction:

Identifying & Managing Stress & Anxiety

This presentation reviews (i) the individual, occupational, and environmental influences on stress; (ii) the impact of stress on physical, mental, and emotional well-being; (iii) what it means when stress evolves into burnout; (iv) how to build and support resilience; and (v) science-driven techniques for managing stress.

Speaker: Barbara Mardigian, LPC, Deputy Clinical Director, Virginia Judges and Lawyers Assistance Program

Barbara Mardigian is a graduate of Ferrum College and MCV / VCU School of rehabilitation counseling specializing in drug and alcohol education. She has worked in the field of addiction since 1997.

Ms. Mardigian received her LPC in 2004 and has worked in a variety of settings including intensive outpatient, private practice, secure unit hospitals, all working with adolescents or adults with dual diagnosis including, PTSD, depression, anxiety and bipolar disorder and addiction. She has worked at the Farley center in their professional program working with many professionals in treatment including physicians, lawyers, military personnel including high ranking officers and their family members.

Ms. Mardigian also worked in Virginia Monitoring, Inc, which was the first monitoring agency for addicted health professionals in the state of Virginia.

Barbara has been with VJLAP since 2019 as the deputy clinical director.

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Meeting Attendance:

Total No. Members Attending	23
Total No. Guests w/Member	2
Total No. Guests w/BP	
Other Guests	
Speaker(s): (Member)	1
Business Partners	1
TOTAL	**27**

Meeting was adjourned at 1:30pm.

Respectfully Submitted,

Billie Jo Brooks
Richmond Board Secretary