

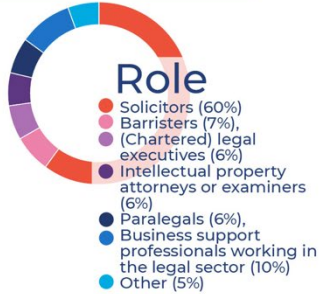
LIFE IN THE LAW

Participants

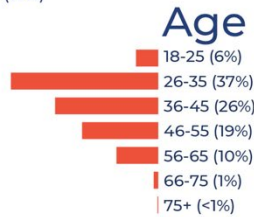
2020/21

1,713

across the UK, Ireland, Isle of Man and the Channel Islands



Ethnicity
12% of participants identified as being in an ethnic minority group



Disability
9% of participants identified as having a disability



Work intensity

High work intensity was associated with high levels of burnout, regardless of how much autonomy a person has, or how psychologically safe their work environment is.

28% said they were required to be available to clients 24/7

65% check emails regularly outside work hours



75% agreed their work is unpredictable

80% said their work was fast-paced with tight deadlines



Bullying, harassment, or discrimination at work

22% of participants said they had been subject to bullying, harassment or discrimination in the workplace.



Autonomy in the legal profession

Participants who reported having higher levels of autonomy displayed lower burnout.

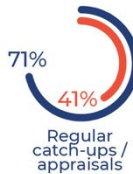


Psychological safety

Participants who reported having higher levels of psychological safety displayed lower burnout.

Top 5 workplace measures for wellbeing

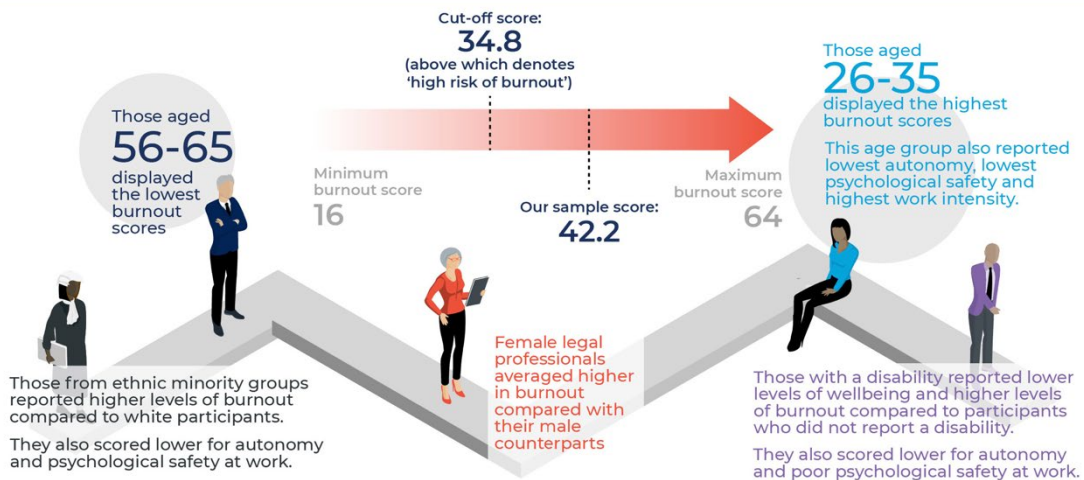
- Proportion who said this was provided at work
- Proportion who found it helpful to their wellbeing



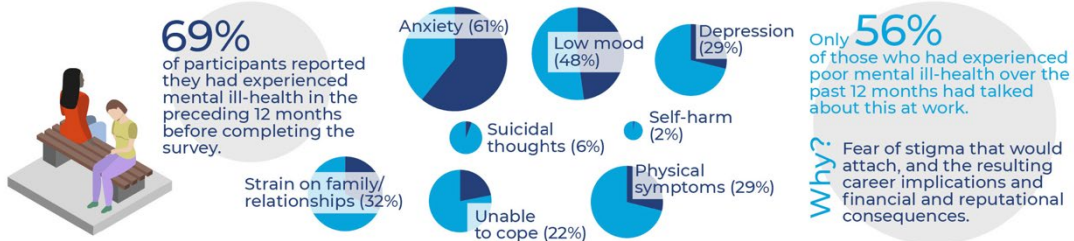
Only 48% of those in a position of management or supervisory capacity had received leadership, management, or supervisory training.



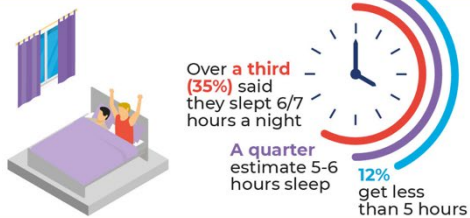
Burnout in the legal profession



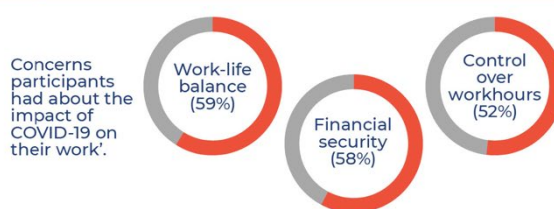
Mental ill-health



Sleep



Impact of COVID-19



Responsibility for wellbeing in the legal profession



All percentages have been rounded to the nearest whole number.