

Name: Mac Middleton

Student Number: 13869716

Position(s) I am nominating for Wellbeing Director



Reason why I am nominating myself:

I am nominating myself for the position of Wellbeing Director because of my passion for mindfulness and maintaining a healthy balance between work, life and university. After struggling through two years of a course I didn't enjoy with little emotional support, I transitioned into UTS Law. I discovered a caring community that puts mental health at the forefront of a career that at times can be stressful. Through the position of Wellbeing Director, I hope to help alleviate the stresses of UTS Law students through my university experience, prioritising mental health and educating the next generation of lawyers to be qualified 'mindful' individuals.

Experiences which will assist me:

During my time in high school, I struggled with my mental health due to the increased stress of exams and university acceptance. As a House Captain during school, I fostered a sense of pride and union in the school community through mental health initiatives such as R U OK? Day and seminars led by mental health experts. I hope to foster this unity in the UTS LSS. As a member of the Visitor Experience team at the Sydney Opera House, I also hope to increase pride for our culturally and linguistically diverse student body.

What I will bring to the role:

I hope to bring passion, leadership, creativity and clear communication to the role of Wellbeing Director. I believe that maintaining a healthy work-life balance at university can be promoted through 'outlets' to ensure that levels of stress and anxiety do not impede on the university experience. Through creative outlets from drawing to cooking, to exercise such as yoga to surfing, I hope to instil the importance of balance in law students.

What I will assist the council with next year:

Next year, I hope to continue the efforts of past directors during Smile Week and R U OK Day, but also discuss mental health in the legal context. I hope to build industry partnerships, create workshops with mental health ambassadors from Australian law firms and assist students in understanding how professionals deal with mental health in the workplace. I would also like to deepen the conversations around mental health through initiatives such as Table Talks. This event was created by Baker McKenzie Associate Max Dowzer-Strode, who recognised that open discussions about mental health around the dinner table could break stigmas about anxiety and depression and start conversations. Through small dinner events held by UTS Law students or larger events on campus, I hope to kickstart the conversation around mental health through food and conversation.