

# WASHINGTON STATE BAR ASSOCIATION

## Well-Being Taskforce Monthly Meeting Minutes

October 6, 2025-4-5:30pm- [Zoom link here](#)

[Website](#), [SharePoint](#)

**Taskforce Members:** Justin Bingham (Chair), Kyle Sciuchetti, Melissa Berry, Emily Arneson, Michael Finkle, Laura Moss,

**Absent:** Raquel Montoya-Lewis, Darcel Lobo, Susan Lee, Sara Smucker Barnwell, Ghousia Rahim, BOG Liaison: Allison Widney

**WSBA Staff:** Adely Ruiz, Dan Crystal, Kevin Plachy

**Others:** Arielle Adams, Michelle Fontenot, Doug Ende, Susanna Kanther-Raz, Michele Carney, Jordana Confino, Brian Seguin, Jerry Thomas

### Minutes

Welcome.

- Kyle Sciuchetti moved to approve the September meeting minutes, with Emily Arneson seconding the motion. The motion passed without opposition.

Jordana Confino, JD, Fordham Law School

- Presented on [The Perils of Perfectionism](#) and [The Perfectionist Paradox](#) as part of a joint research project with the National Association of Legal Professionals (NALP)
  - Findings reflected use of positive psychology. Maladaptive perfectionism and its ability to impede one's performance and tend to show elevated symptoms of depression, stress, and anxiety

Breakout Rooms for Workgroups

- Workgroups were asked to confirm a timeline for research, speakers, and report writing.

Group Discussion

- Groups reported out current work/goals of their workgroup.

Adjourned 5:33pm