

# Macarthur Regional Visit

Thursday 22 August 2024



## **Elli Balafas**

### **Wellbeing Manager, The Law Society of NSW**

Elli Balafas is the Wellbeing Manager for the Law Society of NSW. Elli is an experienced psychologist with over 20 years of experience in the mental health field, working across the private and not-for-profit sectors.

Passionate about mental health and wellbeing, she brings a wealth of experience. Highly skilled in the delivery of individual and group treatment interventions. A specialist in the provision of Employee Assistance Programs, executive and wellbeing coaching, delivery of mental health, psychological and wellbeing training workshops, Organisational Development services, consultancy and assessment services, clinical supervision, manager consultancy and wellbeing services.

Excelling in Critical Incident Response Management, on-site support and crisis intervention procedures. A specialist in supporting emergency services - police, ambulance, fire, veterans and defence. In addition to this, she has spent years working with legal practitioners, supporting them through their work in various Royal Commission inquiries.



THE LAW SOCIETY  
OF NEW SOUTH WALES