

It is the mission of GAWL "To enhance the welfare and development of women lawyers and to support their interests."

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GAWL Inducts New President: Christian Torgrimson

At the Annual Dinner on May 8, 2008, GAWL paid a fond farewell to Outgoing President Lee Wallace and inducted its new President and Board. Christian Torgrimson was sworn in as GAWL's 2008-09 President and will lead GAWL during its 80th year.

In its entirety, Christian's address from the Annual Dinner is below.

* * *
 This year marks GAWL's 80th anniversary of pioneering for women lawyers. In November 1928, nineteen courageous women came together for the first time with the revolutionary idea of an organization by and for

women lawyers. One of the founding members, Kate McDougald, later stated of this idea:

"of course somebody had to take a stand for women; women have ever stood for progress and for opening up new vistas."

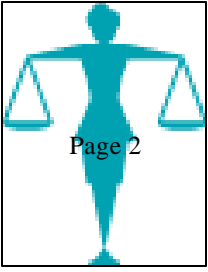
If they did not, who else would?



Newly inducted President Christian Torgrimson presents Outgoing President Lee Wallace with thanks and small tokens of appreciation from GAWL for her leadership during 2007-08.

These women were trailblazers – women who created the path and kept it firmly in place for those of us who have come behind them. Those 19 women understood the gravity and importance of their

mission, which was essentially the same as it is today – to promote women lawyers. In a speech given at the Annual Dinner in 1944, Ms. McDougald, a founding member and the 11th President, described the early GAWL membership as:



The Year in Review

Parting Comments from 2007-08

GAWL President Lee Wallace

Dear GAWL members and sponsors,

At my acceptance speech a year ago, I encouraged GAWL – you – to accept the challenge of addressing the most serious and daunting problems that women lawyers face. Any lesser commitment would not be worthy of our heritage, or our capabilities.

To say that this year’s Board and Committees rose to the challenge would seriously understate the facts. GAWL has had many, many accomplishments this year. For the first time in GAWL’s history, we reached more than 1000 members. We created a new website that allows us to present our programs by podcast and

streaming video to women all over the state, whenever it is convenient to them. We began publishing a newly-revamped, meatier newsletter once a month, instead of three times a year. GAWL established a new Leadership Academy designed to give women lawyers the skills they need to succeed. We offered more programs, on a wider variety of subjects, than we ever

have offered before. We raised \$90,000 in sponsorships, more than ever before. GAWL published a report on part-time work for women lawyers, a report so provocative and important that 50 different media outlets picked it up, and four of the major legal organs wrote substantial articles about it. We began a significant new

chapter, GAWL Southside, which within a matter of days became one of our largest chapters in history. Our John Marshall law school chapter grew by 217%, and our Columbus and Savannah chapters had banner years. We hosted a phenomenal Symposium at which the Secretary of State, the head of the Judicial Nominating Commission, and a promi-

nent legislator spoke. We reported our opinions on 97 judicial applicants to the Judicial Nominating Commission. We organized a trip to Washington so that GAWL Members could be sworn in to the Supreme Court. The GAWL Foundation raised more money than ever at the Annual Art Auction, and kicked off a campaign to

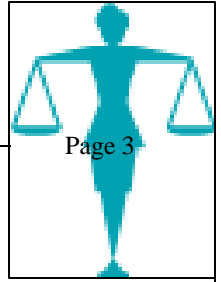


Lee and George Wallace at the 2008 Annual Dinner.

Life in the Law Series begins in June!

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fund the endowment. I hope you will read my full report in the directory that all members receive.

Serving as President of GAWL has been one of the most rewarding experiences of my life. I believe strongly in what we are doing, and in the impact our organization has had and can have. I also have had the great privilege of working with this year's Board – a tireless group of women utterly devoted to making the practice of law better for women in Georgia.

Thank you for giving me that opportunity, and thank you to the Board and the members of GAWL for all you have accomplished this year.

Sincerely and gratefully,

Lee Tarte Wallace

2008 Awards Presented at the Annual Dinner



Each year at the Annual Dinner, several awards are presented to outstanding GAWL members for their contributions to the profession and to the organization. This year, the Kathleen Kessler award was presented to Shayna Steinfeld, pictured top-left. The Kathleen Kessler award is presented to the attorney who has exhibited the highest degree of professionalism and dedication to service in the profession.

The 2008 Visionary Award was presented to Angel Jacobs, pictured top-center. Of note, Angel was the President of the John Marshall School of Law's GAWL Chapter. The 2008 Volunteer Award was presented to Kathy Harrington, pictured top-right. Kathy not only served as GAWL's Membership Chair, but also served as President of the Southside Chapter of GAWL this year.

To see past years' award recipients, please go to www.gawl.org. Congratulations to all recipients, past and present.



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“a proud bunch - never for once did we consider disbanding - we realized that we were pioneers for women in the legal profession in Georgia. We guarded our organization jealously.”

Without the vision and fortitude of these trailblazers, we would not be where we are today. They are an inspiration to our organization and even more, a credit to the legal profession.



**The Honorable Doris Downs and Trailblazer,
Ms. Ruby Crawford.**

As our 80th anniversary approaches, I think about what those founding members would say to us today if they could see how far we have come in 80 years. When they came together for the first meeting at the Healey Building in downtown Atlanta, did the founders envision the presence, stature and influence that GAWL has achieved in Georgia? Did they envision a network across the State of colleagues and friends that mentor each other, refer business, and support each other's careers? Did they imagine GAWL reaching women around the State through chapters in Columbus, Savannah, the Southside, Atlanta and even at John Marshall Law School? Did they envision GAWL being in a position to rate judicial appointees to the Governor's

Judicial Nominating Committee?

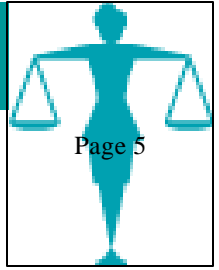
I think we have surpassed the founders' wildest expectations. We have moved into truly improving the welfare and careers of women lawyers through leadership, rainmaking, networking and work life balance. In fact, I think those women would be astounded with our accomplishments and how far we have come in 80 years. More importantly, I think they would say *don't stop now, find your seat at the table, continue to find ways to pioneer for women lawyers, shoot for the moon.*

This year, we're going to do just that. In its 80th year, GAWL finds itself in unique position – it stands on the verge of being **the** bar organization for women lawyers to become leaders around the State, by helping them obtain not merely a seat at the table, but a place at the head of the table. We have the opportunity right now to challenge women to seek out leadership positions, and to support them in the running for such positions at all levels. I pose the question to our entire membership to ponder – how far are we willing to go to support women lawyers? Shouldn't we continue to be the trailblazers for the women coming up the path behind us? Shouldn't we influence the selection of leaders outside our organization? GAWL can and should be the spring-board for pushing women lawyers into leadership roles in areas such as the State Bar, law firm management, and the judiciary.

We know it's necessary and important, and it's time! As an article in a recent newsletter noted, the lack of women in leadership in the State Bar is shocking. If we are to continue our mission of enhancing the welfare of women lawyers and continue the presence and

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influence we have achieved in Georgia, then we must continue to be pioneers and blaze the path forward.

So what will we achieve this year? GAWL can examine ways to actively support women candidates. We can take a more active role in the process and we can influence the process. We can focus on increasing GAWL's visibility throughout the State, on helping women outside Atlanta, and making it a truly state-wide organization through support of and expansion of our chapters. Up until now, GAWL has been waiting for an invitation to the table. From here on out, we no longer need to wait for the invitation. Instead, we're pulling out the chair and sitting down with an eye on the head seat at the table.

To the newly elected Board and my fellow GAWL members, I say we're aiming for the moon so roll up your sleeves and get ready trailblazers.

From the inaugural address of Christian Torgrimson at the 2008 Annual Dinner of GAWL. Ms. Torgrimson is a past President of the GAWL Foundation and a Partner at Pursley Lowery & Meeks and can be contacted at 404-880-7180.

**Friends reconnect at GAWL's
2008 Annual Dinner on
May 8, 2008 at 103 West.**

To the right, Hon. Anne Workman, Hon. Pamela Boles and Pam Tremayne. Below-left, Vivian Hoard and Pauline Reynolds. Below-right Nancy Whaley and Stacy Hyken





Courtroom Anxiety... make it work for you!

Janet Metzger, Adjunct Professor, Emory University School of

You stand up to speak. Your heart starts pounding until it feels like it will jump out of your chest. You hear a ringing in your ears. Your palms are wet, your face gets hot and you can't remember the first thing you want to say. Menopause?! No, you have performance anxiety, what actors and singers call stage fright.

And take it from me, as a professional actress, vocalist and teacher for over 30 years, I still experience it. But I've learned how to use it to improve my performance. Understanding how stage fright develops and how it affects you personally can help increase your confidence as you gain more control of yourself in the courtroom.

Everyone experiences this anxiety. It's part of being human because it's hardwired into our brains for our survival. No longer chased by ferocious animals and neighboring marauders, we continue to feel this response whenever we experience stress. Even though most modern day stressors are not life-threatening, the brain continues to trigger the body before our conscious mind has a chance to say, "This isn't fear, it's excitement!" or "Whoa, this isn't really so bad – chill out!"

Performance anxiety manifests

in many ways. Take a moment right now to list what happens to *you* when you experience stage fright. Then compare it to the responses of other attorneys listed below.

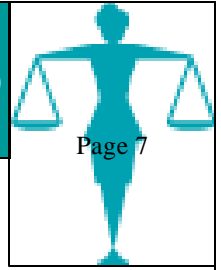


When our lives are threatened, we need all our energy to survive. The brain tells the body to shift gears and get ready. The precursors to this bodily change are adrenalin and cortisol, the fight or flight hormones that prepare the body for action. Adrenalin boosts the supply of oxygen and glucose to the muscles and suppresses non-emergency functions. The first system to shut down is digestion. When that happens, saliva stops being produced. You get dry mouth. The lips stick to the teeth, and we have trouble talking. (That's

why beauty contestants put Vasoline on their teeth, though I wouldn't suggest it during trial.)

Adrenalin also increases the heart rate and the volume of blood pumped. A whole range of physical changes can take place. Let's look now at what other lawyers have described as their symptoms of stage fright.

- Heart starts beating fast or "skips" a beat
- Thoughts are rushed
- Voice shakes
- Shortness of breath
- Speech speeds up
- Slow to respond
- Skin on face/neck turns red
- Perspiration increases



- Stomach/gut upset
- Inappropriate laughter
- Weight shifting and stepping side to side
- Excessive um's
- Lose train of thought
- Hands fidget or gesture inappropriately

All of these very real physical symptoms are a result of increased levels of adrenalin coursing through the body. Reducing these effects should put you back in control of your performance. Or, will getting control of your performance reduce these effects? As well-known trial consultant Brian Johnson states, "Energy is the raw material of persuasion, and adrenalin gives us that energy." His recommendation is to channel it.

How? Put that energy into your gestures, starting with the first thing you say. But if you wait until you stand up to begin addressing your anxiety, you've waited too long. So here are some things you can do to prepare yourself for your adventure.

Before you enter the courtroom, sit in a chair, close your eyes and begin **FOUR-SQUARE BREATHING**. Here's how: Breathe consciously, slowly. Inhale through the nose and exhale through the mouth with lips gently pursed, as if you were blowing on a candle flame without blowing it out.

- 1. Breathe in through the nose to a slow count of 4.**
- 2. Hold for four.**
- 3. Release completely through pursed lips to a 4-count.**

Rest for 4 counts without inhaling. Repeat several times.

In the courtroom, sit poised in an upright position at the counsel table with feet flat on the floor and hands resting comfortably on either side of your note pad. Continue to breathe consciously.

When you rise to conduct a portion of the trial, do the following: walk with purpose directly to your chosen position; continue to breathe consciously; make eye contact with jurors as you wait for their attention (I call this "Waiting for the wave, which I'll cover more in a subsequent article); plant your feet under your shoulders and bring your hands up to their "ready-to-gesture" position. Now you are prepared to speak with appropriate energy and confidence.

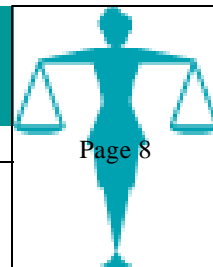
Janet Metzger is an adjunct professor at Emory Law School where she teaches 3L's the art of persuasion. She also heads up the communications team of the Kessler Eidson Program for Trial Techniques held there annually. She has a private litigation performance coaching and consulting practice.

Other 2008 Awards

Also at the Annual Dinner, the Spotlight Award was presented to GAWL's Communications Committee and It's About Time II Committee for their joint media campaign for the announcement of the "It's About Time" follow-up study. The results can be found at www.gawl.org. The Committee of the Year Award went to the Leadership Committee that launched GAWL's Leadership Academy. The President's Award went to Toni Castel for her support and quiet counsel to Lee Wallace through the 2007-08 year.

On the website, all Committee Stars are listed. Of note, law students have made their mark on GAWL. Take note that law students are learning to network before their careers begin. Kudos!

Upcoming Events



May 21-23rd

Decatur Neighborhood Networking Breakfast. 7:30 a.m. at Sweet Melissa's on the Square. RSVP to Jessica Harper.

May 22nd

Judicial Reception with the Columbus Chapter of GAWL.

May 25 -27th

GAWL trip to the U.S. Supreme Court with the South Carolina Women Lawyers Association. Attendees will be sworn into the Supreme Court Bar.

May 27th

Buckhead and North Fulton County Neighborhood Networking Breakfasts.

June 2nd

Lawyers for Literacy. The GAWL Foundation is sponsoring a trivia team for this event. 2 slots remain; contact Jennifer Keaton@etsw.com

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