EXPECTATIONS AND REALITIES: A QUALITATIVE SNAPSHOT OF WELLNESS AND WORK LIFE BALANCE WITHIN A COMMERCIAL LAW CAREER

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Abstract— With a sample size of approximately 50 qualitative participants, this research project delves into many themes relating to the experiences studying commercial law, the place and role of ethics within the study and practice of commercial law, and expectations and realities of wellness and work life balance within the practice of commercial law.

This study examines in detail the expectations of law students in two categories- law students who are still studying their law degree and law students who have commenced their practical legal training course as one of the final requirements before admission as a lawyer. Student's expectations as to whether they can achieve work life balance and wellness within a career as a commercial lawyer are examined in detail, as well as how those expectations are formed and influence career choices.

This qualitative research project also examines early career commercial lawyers reflections on and attitude towards not only the study and practice of law, but also as to how well wellness and work life balance have been achieved and further expectations as to achieving wellness and work life balance within a commercial law career. The research project also considers early career commercial lawyers' reflections of their study and attitudes towards commercial law study and any correlating effect on influencing career choice and current attitudes.

Our preliminary results from our ongoing research study showed a strong influence and under current theme of work life balance and wellness as to career choice and predicted career choice amongst the research participants. This drove a need for the research to focus further and examine in greater detail the strong narratives of work life balance and wellness motives as driving influences and expectations as they relate to a career as a corporate commercial lawyer.

Keywords— Wellness Work Life Balance Law Career Qualitative Study,