

# Judicial Roundtable Breakout Session

## New Mexico Municipal Judges Conference

Wednesday, May 5, 2021

- Facilitators
  - Justice Ed Chavez (ret.), NM Supreme Court Justice
  - Judge Karen Mitchell, Harding County Magistrate Judge
  - The Solutions Group EAP Counselors – Deb Gallant, Kaisha Keith
  - Pamela Moore, NM Judges and Lawyers Assistance Program Director
- Purpose/Goal
  - Provide opportunity to NM Municipal Judges on the benefit of listening and sharing experiences with like-minded professionals in an effort to release tension, gain connection, and understand new ways to manage the stress and isolation of the job. The dialogue consists of the judges real experience in his/her professional role.
  - Small group conversations are **CONFIDENTIAL!**
- Process
  - Everybody will take a turn in answering a question posed by the group moderator.
  - All answers are correct, they are your experience.
  - Listen to your colleagues and share/add to the discussion when ready.
  - Moderator will keep the group moving forward and act as a guide.
  - Moderator will keep time and wrap up session at the end.
- Guidelines for group discussion
  - Share from your perspective, “I” and “me” statements preferred.
  - Keep sharing to approximately 3-5 minutes, so that everyone has a voice. If necessary, the moderator will ask a judge to wrap up their thought to avoid domination by a single person.
  - We cannot “fix” anybody. Learning, for us and others, comes from sharing our story.
  - Please refrain from using offensive language.
  - **What is shared in the group, stays in the group!**
- Questions
  - How do people closest to you know when you are feeling stressed, overwhelmed, or overburdened?
  - Some judges report feelings of isolation and loneliness. Do you experience this, and do you feel that anyone besides a judicial colleague can understand this type of isolation?
  - Do you feel undervalued and overworked? With whom can you discuss this?
  - Closing Question: How was this Roundtable experience for you?
- Soft Schedule
  - 5-10 minutes                      Welcome, Process explained briefly
  - 45 minutes                        Judicial Roundtable Small Group
  - 5-10 minutes                      Wrap up