

Josephine Waugh

Josephine Waugh is an Interpersonal Communication Specialist and a registered Psychologist with a specialisation in Industrial and Organisational Psychology. She joined the Law Society of NSW as the Wellbeing Officer in 2026.

Josephine has focused her work and study towards understanding the demands and opportunities of high-pressure, fast-paced workplaces, with a priority on supporting wellbeing, performance and long-term career sustainability in the legal community. Her areas of interest are building resilience, creating sustainable balance, and fostering psychological and psychosocial safety within teams and organisations. She has worked with professionals from diverse cultural and professional backgrounds, developing practical and sustainable communication skills that transfer across roles and relationships, and help people build strong connections within teams and workplaces.