

Managing the Dual Demands of a Legal Career and Caregiving

Live Webinar

December 11, 2024

Event Sponsor: New Jersey Institute for Continuing Legal Education

Greenbaum partner **Jemi Goulian Lucey** will be on the faculty for a presentation on “Managing the Dual Demands of a Legal Career and Caregiving,” to be presented by Zoom on Tuesday, November 12, 2024, from 6:00pm – 7:45pm.

Being both a full-time lawyer and a caregiver can create a unique and intense set of challenges that affect wellness. Lawyers often deal with high stress levels due to demanding workloads, tight deadlines and the emotional toll of representing clients, especially in high-stakes cases. Adding caregiving responsibilities, such as taking care of children, elderly parents, or family members with health issues, introduces another layer of pressure.

This program will address the challenges of lawyers who are caregivers and ways to help improve their mental health and well-being, work-life balance and overall quality of life.

Learn the following strategies for lawyer caregivers:

- **Setting boundaries:** establishing firm boundaries at work and at home can help create a better work-life balance. Learning to say “no” to additional responsibilities at work or delegating caregiving duties can reduce overload.
- **Time management:** tools such as calendars, planners or apps can help organize both work and caregiving responsibilities, ensuring nothing important is overlooked.
- **Seeking professional support:** Counseling, therapy or peer support groups designed for caregivers and lawyers can provide emotional relief and practical strategies for managing stress.
- **Self-care:** prioritizing physical health, such as regular exercise, proper nutrition, and adequate sleep, is essential for maintaining long-term resilience. Taking even brief moments for mindfulness, meditation or

Attorneys

Jemi Goulian Lucey

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hobbies can help recharge.

- Legal and caregiving resources: There are resources such as flexible work arrangements, caregiving support services or even bar association programs aimed at lawyer wellness. Using these resources can help reduce the burden.
- Financial planning: Seeking advice from a financial planner to manage the costs associated with caregiving, while maintaining a legal career, can alleviate some of the financial stress.

Ms. Lucey is a partner in the firm's Employment Law, Litigation and Healthcare Departments. She is a trial attorney who represents private and public entities, including institutions of higher learning, in employment discrimination and retaliation actions, professional negligence cases, Title IX claims, and general business disputes in state and federal courts. She also lectures and consults on employment and human resources law and provides guidance related to litigation avoidance and the practical implications of various state and federal laws affecting employers. A strong advocate for women in the legal profession, she serves on the Executive Board of the New Jersey Women Lawyers Association and is a past President of the NJWLA.

Additional program details and registration on the NJICLE website.