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"With Associate Burnout Concerns Increasing, Law Firms Seek Solutions"

Stephanie Friese quoted in article on "Associate Burnout Concerns Increasing and Law Firms Seek Solutions"

Daily Report

February 10, 2022

In an article published on February 10, 2022, in the Daily Report, Atlanta Co-Managing Shareholder Stephanie Friese discusses how firms are dealing with high associate attrition and burnout in the legal industry.

Friese shares that burnout is less related to the number of hours an attorney is working, even in the face of higher demand, and more related to the culture and makeup of the firm associates work for.

"I think it has a lot to do with the leverage you have as a young attorney," explains Friese. "It even goes back to really doing your due diligence when you take your first job. Do your research. What firm are you working for? Who is going to be your boss? What kind of demand can you expect? What kind of cases do they have? If you're feeling like you're going to get burned out or if you're feeling burned out, then you're not in the right place with the right people, doing the right thing."

And contrary to what others have suggested, Friese said she believes remote work has led to better work-life balance, possibly preventing some burnout. "I think it's easier to have a balanced life when people are able to have the flexibility to work from home a few days a week," she said.

To read the full article, subscribers may click [here](#).