

Creating a Sustainable Legal Career: Tips for Success without the Burnout

Young lawyers today shoulder an incredible amount of responsibilities and demands, due to expanding expectations from their clients, colleagues, and senior partners. Under immense pressure to drive billable hours and maximize productivity, many find themselves quickly burning out or struggling to find a sustainable work-life balance. As the pace of business continues to accelerate, it's important for legal professionals to find more streamlined ways to work so they can grow not only professionally, but have the time to grow personally as well. By leveraging technology and time-management techniques, it's possible to cultivate a workflow that is right for them, reducing stress and increasing career satisfaction:

Create dedicated blocks of time...

No young lawyer is a stranger to multi-tasking, but juggling multiple items on an overwhelming to-do list can be counterproductive. Concentrated, pre-scheduled blocks of time dedicated to one task (or type of task) helps address that. Technology-enabled workflows make things such as documentation and organizing data easier – so lawyers can free up time to focus on more meaningful work.

Scheduling that higher-impact work at times of the day when they feel best can make a dramatic difference in their performance. Further, with the help of technology to yield work faster, these ambitious professionals are able reallocate time to carve out breaks and mentally refresh themselves for the next challenge.

But also take advantage of each minute

While purposefully scheduling blocks of time in the day is critical to tackling important tasks and managing workloads, young attorneys must also optimize time between meetings, court dates, and other appointments. Using technology designed for the rigors of the legal industry, work processes that might typically be time consuming or require a significant amount of attention or administration are significantly accelerated. Mobile dictation using a personal or company-issued smartphone is one example of how attorneys can take advantage of time between the courtroom and client offices. Using secure cloud solutions to turn voice recordings into documents, they can move files through the process of transcription, review, and approval automatically and efficiently, even if they're not in the office. This means even a few extra minutes between commitments can move work forward quickly.

Fit work into your lifestyle, not the other way around

Technology empowers young lawyers to move beyond the traditional boundaries of the physical office and regular business hours. These emerging leaders can help change the perception of how and where great work gets done by utilizing technology that allows for a flexible – but no less productive – workday. Whether it's dictating notes, conducting instant data transfers from a smartphone, or doing other mobile-enabled tasks, attorneys can get things done efficiently without impacting their personal time.

Capture ideas when they're fresh

Inspiration often strikes at unpredictable times – and not always at the office. With technology that quickly and accurately turns dictation into referenceable documents, young attorneys don't need to worry about scrambling for their laptops or notepads while they're at home or on the go. They can conveniently record, store, and share accurate notes by using innovative applications on their smartphones, so they are prepared at all times to capture great ideas. They can then route the notes to other team members or return to them later to refine into formalized documents.

Collaborate with others

Many young attorneys spend countless hours working on projects independently, but trying to solve problems alone without making progress is frustrating. Here, too, innovative tools can help. Turning voice recordings into documents that can be synced to the cloud for file sharing makes it easy to gather inputs and new perspectives from teammates. Being able to gather real-time feedback and commentary, not limited by conflicting schedules or geographies, fosters a culture of collaboration, mutual support, and teamwork that is fundamental in an attorney's nascent career.

While no two people have exactly the same preferences when it comes to work styles, ambitious young attorneys can adapt these tips and resources to suit their individual needs. Leveraging the latest industry-specific technologies helps significantly reduce day-to-day stress and offers ways for them to make their workday more manageable, enjoyable, and rewarding.



To learn more about our latest innovations, visit www.philips.com/dictation.