



Summer Time = Break Time?

Who's with me?!

Ya'll, we have made it. The weather has turned around*, the days are longer, vacations are on the horizon, the first day of summer is *oh so close*, and the pool is just begging to be paired with a spicy margarita and a lusty romance novel.

*unless, of course, you're in the Midwest like me and have been tormented by torrential rain, flooding basements, and nonstop tornadoes (!!)...but I'm committed to positivity here. 🙄

It's that time of year when we need to take a break and let down our hair a bit and enjoy a well-deserved break.

That is why for the months of June and July, the Lawyer Life Collective newsletter and podcast will be filled with nothing but bitesize snacks for our very tired brains.

I'm including the best of 2023, good reads, self care fun, and the best, mindless goodies your girl can find on the interwebs.

Enjoy, my friends!

Summer Snack Attack

Self Care

🧘 Feeling blah? Wondering where your energy went? Reiki energy healing may be just what you need. See what [Forbes](#) had to say about this ancient practice. Did I mention that yours truly is a reiki master? Find a local practitioner or schedule a [reiki consult](#) to discuss a distance reiki session.

Reasons to Celebrate

🍷 As if you needed a reason to throw a summer get together...this is your sign. Pick one of these ready made party justifications and get to planning!

- Summer Solstice -- June 20/21
- International Day of Yoga -- June 21
- National Picnic Month -- July (naturally!)
- National Ice Cream Day -- Third Sunday in July
- National Hammock Day -- July 22

- International Friendship Day -- July 30
- National Watermelon Day -- August 3

Cook Yourself Something Special

🍽️ Recipes I'm lowkey obsessed with right now that are easy to meal prep and filling enough to tide me over even on gym days:

- [Olive Pesto & Burrata Toast](#) -- it's embarrassing how often I eat this for lunch
- [Honey Whipped Feta with Garlic Herb Roasted Olives](#)
- [Baked Salmon with Avocado Feta](#)
- [Sushi Bake](#)
- [Roasted Broccoli Salad with Tahini Sauce](#)
- [Smoked Ribs](#) -- the first time I smoked ribs by myself using this recipe I felt like such a BA. If you've never tried smoking ribs, this is the way! 😎

More Water, Please!

💧 Did you know that just being around water can make you happier? [It's true!](#)

🛶 Interested in picking up a new water-related hobby but don't have the space for camper-sized gear? I hear you. Our house is diving deeper into [kayaking](#) and [SUPing](#) and there are plenty of collapsible and inflatable options out there. (And no, I don't make any money off any of these items.)

Enjoy a Campfire and Good Food

🔥 Love a good campfire but s'mores aren't really your thing? We are obsessed with [pie irons](#) and all the fun things you can pack in for a delicious low key cookout that even kids love! (And still no, I don't make any money off any of these either.) Our favorite pie iron recipes:

- [Campfire Pizzas](#)
- [Cherry Pie](#)

Get Out of Your Office!

🕒 Lots of fun plans but feeling chained to your desk? Time to flex some new delegation muscles. Try [these tips](#) and find more space this summer!

😓 Okay, so you offloaded some work (yay, delegation!) but you are still struggling to disconnect. [Read this](#), I promise it will make you feel better.

🤖 Think you don't "deserve" a break? [Science disagrees](#). Read it -- now take those stats and get away from your desk ASAP!

Announcements

[FREE Webinar: Find More Time, Get More Done](#)

June 19, 2024 @ 4pm Central

Here we go again...YES, this webinar is coming back once again by popular demand! We are once again offering this absolutely FREE webinar designed to revolutionize the way you approach your time and tasks. 🚀💡

This isn't just another time management seminar. I'll be sharing the very same secret tools and strategies I teach my coaching clients - proven techniques that have helped countless professionals just like you to maximize their productivity, minimize burnout, and finally find balance in their bustling lives.

Grab your seat [here!](#)

How to Lawyer (for real) Seminar Series Every Wednesday starting July 10, 2024 @ 8am Central

Our most popular seminar series is back for a summer refresh!

Feeling like an outsider in your own profession? Wondering when the path will get easier? You're not alone. Join us at [\(lady\) Lawyer Collective Seminar Series](#) - "How to Lawyer (For Real)" and discover a community of women (and a few brave men!) facing the same struggles you are.

This isn't just about overcoming challenges; it's about acquiring the skills we all wished were taught in law school, together. Let's empower each other and fast-track our growth. 🚀 The next series kicks off on July 10 but hurry - seats are filling up quickly! Don't miss your chance to transform your career with a tribe that gets it.

💜 All (lady) Lawyer Collective Seminar Series programming is **free** to current private coaching clients. Send me an email to reserve your seat.

If you are not a current coaching client or if you have questions about the (lady) Lawyer Collective, additional details and sign-up options are available [here](#).

[Join us](#) for this transformative seven week program and embark on a journey that promises to redefine what it means to practice law. Let's do this together - because transforming your practice starts with transforming yourself. You won't regret it! 📁



💜 All (lady) Lawyer Collective Seminar Series programming is **free** to current private coaching clients. Send me an email with "LLC" in the subject line to reserve your seat.

If you are not a current coaching client or if you have questions about the (lady) Lawyer Collective, additional details and sign-up options are available [here](#).

Your Support Means the World to Me! Referral Program

When you share your experiences with your network and refer others to me, it is the highest honor you can bestow upon me.

As a sign of my deep appreciation, when your referrals sign up for a full coaching package, I will add additional coaching sessions to your package and notify you via email.

It is an honor to be able to work with my amazing clients and an even greater honor to support my clients to pay-it-forward to those around them. 💖🙏

Free Coaching Consultation
(non-clients)

Schedule my Next Session
(ongoing clients)

For your ears

The Lawyer Life Podcast



🌟LATEST EPISODE🌟

The Secret Power of Jealousy

In this episode, we are unpacking the greenest of emotions - jealousy and I intend to show you how useful jealousy can be in transforming our lives but also our relationship with ourselves.

Processing Failure

In this episode, we are talking about processing pain and failure. We explore my personal, painful experiences and insights on how to embrace negative emotions and use them as a catalyst for growth.

🌟COMING SOON🌟

Summer Hot Takes

How to be happier in law. -- June 12

New episodes every other Wednesday.

Monthly Affirmation

I have the power to protect and renew my energy.



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