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The Mostly Legal Podcast: Season 3, Episode 10 "Parenting While Practicing: Achieving the Elusive Work/Life Harmony"

developers · Monday, November 14th, 2022

What if we shifted the way we thought of work-life balance to work-life integration or enrichment? We welcomed Lori Mihalich-Levin, an author, mother, podcast host, and founding principal, to the podcast to discuss the role of motherhood and its integration into the practice of law. She really can do it all! The power of setting boundaries for yourself is a vital component of your success and personal growth. Lori walks us through the power of advocating yourself, with a focus on parental leave. She also explains her program, Mindful Return, and the resources and help it provides to employers around the globe to retain working parent top talent. Lori hates the term work/life balance but you'll have to listen to find out exactly why!

About the Guest

Lori Mihalich-Levin

Lori Mihalich-Levin, JD, believes in empowering working parents. She is the founder and CEO of Mindful Return, author of *Back to Work After Baby: How to Plan and Navigate a Mindful Return from Maternity Leave*, and co-host of the Parents at Work Podcast. She is mama to two wonderful red-headed boys (ages 9 and 11) and is a health care lawyer in private practice. Her thought leadership has been featured in publications including *Forbes*, *The Washington Post*, *New York Times Parenting*, and *Thrive Global*.

Episode Resources

[Mindful Return](#)

The GME Group

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