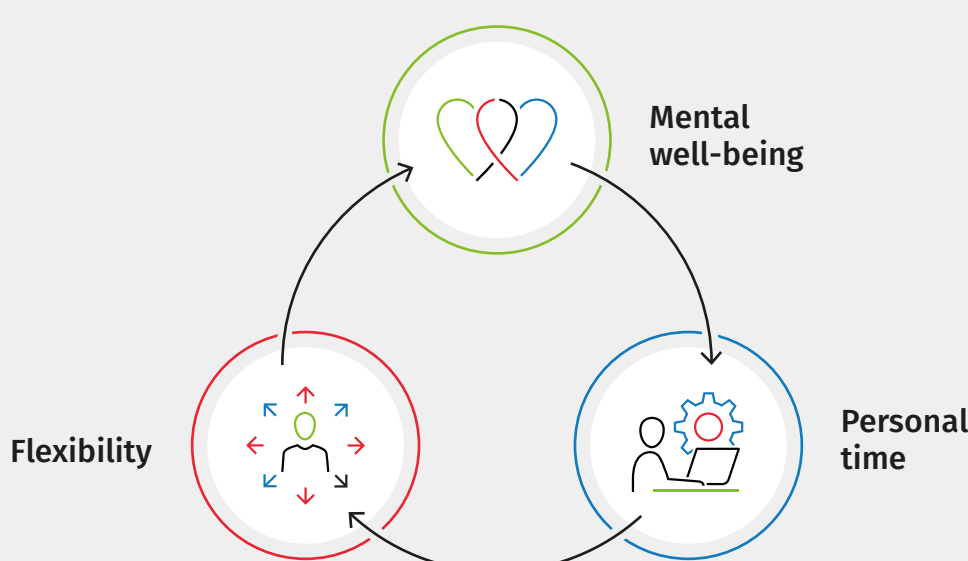


Can a lawyer achieve a true work-life balance?

Defining work-life balance in today's legal landscape

Work-life balance holds different meanings for different lawyers, whether it involves **flexible working hours**, the option to **work remotely**, or setting aside time for personal interests. Now more than ever, achieving work-life balance requires **adaptability** to meet rising client needs and strict court deadlines, while ensuring adequate time for relaxation, hobbies, and personal relationships to safeguard against burnout.

The essential components of work-life balance



The practice of law can be time-intensive, and having flexibility in where one works can positively impact work-life balance.

Janet LeVee, Vice President and Associate General Counsel for Wolters Kluwer Legal & Regulatory, in the [Wolters Kluwer's Future Ready Lawyer Report 2024](#).

Challenges confronting law firms today

According to a report from the [IBA's Wellbeing Taskforce](#), **one-third of lawyers** globally reported that their work adversely affects their wellbeing.

Despite the advantages that flexible work arrangements can provide, lawyers still face significant hurdles in achieving a true work-life balance, primarily due to the following factors:

73%

Increasing workload

73% of legal professionals report feeling overwhelmed by the complexity and amount of information they must manage.

[Wolters Kluwer's Future Ready Lawyer Report 2024](#) →

Blurred boundaries

While the flexibility of remote work can enhance work-life balance, many lawyers find it challenging to disconnect, often leading to late nights and weekend work.

71%

Pressure of billable hours

The relentless focus on billable hours can lead to chronic stress and anxiety as it contributes to long workdays, often sacrificing personal time.

According to the [2023 ALM and Law.com Compass mental health survey of the legal profession](#), "approximately 71% of the nearly 3,000 lawyers surveyed said they had anxiety – a 5% increase from 2022".

The importance of work-life balance for success

Achieving a healthy work-life balance is not only beneficial, it is essential for a variety of reasons:

Enhanced mental and physical health

Taking regular breaks, engaging in physical activity, and prioritizing personal time are essential for overall resilience and well-being, helping to prevent professional burnout.

Boosted productivity

A balanced lifestyle fosters higher energy levels and improved focus, ultimately resulting in increased productivity. Placing emphasis on well-being is vital for working efficiently and making informed decisions.

Increased job satisfaction

A well-maintained work-life balance leads to lower turnover, which is crucial for retaining top talent.

"Most legal professionals (81%) emphasize the need for an acceptable work-life balance as the most significant factor for attracting talents."

[Wolters Kluwer's Future Ready Lawyer Report 2024](#) →

Strengthened client relationships

Attorneys who prioritize their mental and physical health are better positioned to cultivate robust client relationships by delivering focused, attentive, and empathetic service.



Kleos

When you have to be right