



Casey Gocel of Mandelbaum Barrett. Courtesy photo

Q&A

Find Balance Between Work and Personal Life, Casey Gocel Says

"There will be late nights and long hours, but you also need to look back and feel like your career was a fulfilling piece of an even bigger life. You must find balance."

December 19, 2024 at 09:03 AM

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By ALM Staff

Casey Gocel, a partner at Mandelbaum Barrett, is a Law Journal Women Attorneys of the Year honoree. The below responses were lightly edited for style.

What are some of your proudest achievements of the past two years?

My proudest achievement is showing up for my family. Two years ago, I was really struggling to manage my demanding schedule alongside the needs of my young children. Often, I would leave before they woke up and return home after they went to bed. One day, I made a promise to myself that I would commit to being home for dinner every night, regardless of how busy I was. Since that day, I've made a conscious effort to schedule work around family dinner and it has drastically changed my life.

"Making a difference" can have many meanings. What does it mean to you?

Every day, we go to work and we do our jobs; hopefully to the best of our ability. But "making a difference" means that when the job is done, you've left something meaningful behind. Maybe it's a conversation that saved a deal, a lesson that was taught, or relationship that was formed. Making a difference means that you left the situation better than you found it.

What advice would you offer to a new attorney looking to make an impact?

This is a marathon, not a sprint. There will be times when you feel tempted to sacrifice your personal time, your health, your priorities and even your values to satisfy the demands of your clients. There will be late nights and long hours, but you also need to look back and feel like your career was a fulfilling piece of an even bigger life. You must find balance.

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