**Working From Home.** The transition from office life to a home office has its perks (less commute time, time saved “getting ready”, you can pop chicken in the oven for dinner) but it also has its challenges (isolation, loneliness, lack of physical space for work, no barriers to separate work and home). Learn from others who started doing this pre-pandemic:

Amy Porterfield, online marketing guru. Here’s her podcast interview with speaker and author Rachel Hollis: [What you always wanted to know about working from home but were too afraid to ask](https://www.amyporterfield.com/308atranscript/).

My recent Blog Post on my Uplevel Lawyer Coaching website with [10 tips for working from home](https://uplevellawyercoaching.com/blog/f/10-tips-for-working-at-home).

Home organization becomes key when all things happen under one roof. Reach out to [Mylene Houle of Flo Organisation in Montreal](https://flo-organisation.com/a-propos/mylene-houle-morency/). Yes, her website is in French Mylene she speaks perfect English. Mylene does individual consulting work and corporate training. Efficiency, order and time saved at home mean more time and energy are available for professional work.

Article by Vancouver based freelance research lawyer, Erica Toews, about [how to take better breaks while working from home](https://www.toewslegal.com/blog/2018/12/3/how-to-take-better-breaks-when-you-work-from-home). Erica also has excellent articles about legal research and writing.

Article by Erin Cowling, Toronto based freelance lawyer and founder of Flex Legal with [Remote Working Tips](https://www.oba.org/MentalHealth/Mental-Health-Briefs/REMOTE-WORKING-TIPS?utm_source=LYR&utm_medium=EM&utm_campaign=News), hosted on OBA’s website.

**Working Parents.** Beating yourself up (again) because you fed the kids a plate of white pasta and lost your cool when they wouldn’t close the screen? You’re not alone. Sometimes you need to hear that the struggle is real, and you’re doing a great job. Here are some articles that can help you with that.

Today’s Parent article: [Mom rage is a real thing](https://www.todaysparent.com/family/family-health/mom-rage-is-a-real-thing-heres-how-to-deal-with-it/).

Article about [Why Self Care is important when Parenting](https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/amp/?fbclid=IwAR0sGKFnlSB7CezD78EPGBCZ5Lh71IlK84IC7RBUFc_YIrWxuEGSvFn7zkw).

Recent Article from Working Mother website: [Firms that invested in infrastructure to support working parents fared better](https://www.workingmother.com/law-firms-diversity-investments-covid).

Article about the “[Default Parent](https://www.huffpost.com/entry/the-default-parent_b_6031128)”.

NYT article about “[Emotional Labour](https://www.nytimes.com/2018/11/14/smarter-living/stress-gap-women-men.html)”.

**Time Management**. Time management has been on the radar since long before the pandemic. Here are a few resources:

My free online course, [Time Management For Busy Lawyers](https://www.uplevelcpd.com/courses/time-management-for-busy-lawyers). It has a plan and a worksheet. And it’s short – about 0.3!

CBA  [Guide to Time Management for Lawyers.](https://www.cba.org/Publications-Resources/CBA-Practice-Link/Young-Lawyers/2014/Guide-to-Time-Management-for-Lawyers)

Ritu Goswamy, Esq.’s, [The New Billable Hour](https://newbillablehour.com/book/).

Brooke Castillo’s [podcast episode about Time Management](https://thelifecoachschool.com/podcast/159/). This woman gets things done! You’ll be hooked on her ideas and if you like her, she produces a ton of coaching content, much of it free, on-line.

Amy Porterfield podcast with Megan Hyatt Miller: [Releasing Control, Celebrating Your Successes & Tossing your To-Do List](https://www.amyporterfield.com/2020/01/298/). This one might appeal to working parents and help support them in choices they make where they put their kids first.

**Mindset**. Here are some great resources to help you build resilience and get inspired to tackle obstacles. Humans are programmed to learn and grow. Growth is how you perceive a challenge and your ability to overcome it.

Carol Dweck’s [Ted Talk](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en) about Growth Mindset and the Power of Believing that You Can Improve.

Amy Duckworth’s [Ted Talk](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance/discussion?creation=21-06-2013&gclid=CJXWwYuHo7sCFczC3godMgwAXg) about grit and the power or perseverance.

My Blog post about Bill Gates’ success habits [billionaire habits on a shoestring](https://uplevellawyercoaching.com/blog/f/12-figure-habits-on-a-shoestring).

**Feel Better. Feel Amazing!** Sometimes you need an uplifting podcast, book or Ted Talk to lift your spirits and inspire you to action. Here are some of my favorites.

Shawn Achor’s [Ted Talk](https://www.youtube.com/watch?v=GXy__kBVq1M). He makes a living studying happiness. And he’s funny! Only 12.5 minutes.

[The Happiness Equation](https://www.amazon.ca/Happiness-Equation-Nothing-Anything-Everything/dp/0399169474) by Neil Pasricha. My mom gave me this book. And I actually read it. Well, most of it. It’s a joy to read.

Dale Carnegie’s [How to Stop Worrying and Start Living](https://www.youtube.com/watch?v=mR7GTJVGBZY). The link is to the audio book. He has a reassuring tone. The stories are very dated, but it’s an interesting history lesson and the messages are relevant today!

Jen Sincero’s [You Are a Badass](https://www.amazon.ca/You-Are-Badass®-Doubting-Greatness/dp/0762447699). Sometimes you need to be reminded of how awesome you are. Jen can do that.