

Tamika M. Johnson

Attorney / Author / Work-Life Balance Expert

About

An Attorney, Author, Entrepreneur, Wife, Mother, Daughter, Friend, and more, Tamika had to be intentional about creating & maintaining a Healthy Work-Life Balance to personally avoid burnout and a breakdown. Now, she assists other Attorneys, Judges, Law Students, Professors & Administrators, and other Legal Professionals in achieving a “Balancing Act” to perform optimally both professionally & personally while also pursuing your other hobbies, interests, and passions.



Expertise

Reducing Stress & Protecting Mental Health

Tamika shares with clients and audiences Tips & Strategies to decrease stress and achieve a healthy Work-Life Balance.

Recognizing & Avoiding Burnout and Breakdowns

Identifying concurrent, seemingly insignificant signs of stress and overwhelm which is vital in recognizing an impending mental health crisis.

Mental Health Attorney

As a former court-appointed Mental Health Attorney for 10 years, Tamika shares that experience to illustrate that it doesn't matter how many degrees you have, how successful you are, or how much money you have, we are all subject to breakdowns, depression, anxiety, and suicide.

Media / Features

SHOUTOUT ATLANTA



UP JOURNEY



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www.BalancedAttorneyLife.com

Tamika@BalancedAttorneyLife.com

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