

NEWS & INSIGHTS

LIGHTFOOT HOSTS ANNUAL WOLF EVENT FEATURING ‘NO HARD FEELINGS’ WORKSHOP BY DR. RACHEL FRY

August 6, 2025

The Women of Lightfoot (WOLF) hosted their ninth annual signature event on July 17, bringing together high-achieving women from across Birmingham for an evening of learning, reflection and connection. The highlight of the evening was the “No Hard Feelings” workshop led by Dr. Rachel Fry of Rachel Fry Consulting.

A repeat WOLF event presenter and crowd favorite, Dr. Fry returned by popular demand to guide the group through a session exploring the emotions behind ambition. She shared tools for understanding emotional responses, protecting energy and connecting with purpose and self-awareness, all tailored to the experiences of driven, high-performing women. The evening also featured personal sharing and meaningful discussions — plus delicious snacks and cocktails.

The term WOLF was coined when there were only a handful of female attorneys at Lightfoot, but they were empowered by a firm culture that promotes authenticity and allowed them to form a rare internal bond. Currently, Lightfoot boasts a remarkable group of female lawyers and staff. While each is outstanding in her own way, the group thrives on its collective strength, giving credence to its enduring name.

Thanks to all the amazing women who attended our event and made this evening such a success. See you next year.