

## NEWS & INSIGHTS

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### LIGHTFOOT HOSTS ANNUAL WOMEN'S EVENT

July 25, 2023

The women of Lightfoot, Franklin & White LLC hosted the firm's annual summer women's networking event on July 18 titled "Balancing Act." The event addressed the challenges of women in business who juggle multiple responsibilities in their careers. Three local women led a series of 15-minute workshops, offering practical tips for effectively managing specific aspects of professional and personal life.

**Mary Meadows Livingston**, the founder of **Abeona Wealth**, hosted a session where she provided insights about taking the reins of personal finance.

**Kathryn Ely** of **Empower Counseling** guided the group through self-analysis and self-awareness strategies to recognize and prevent burnout, and provided tips to attendees for staying centered in their professional and personal lives.

**Mary Glenn McElveen** of **Styled by MG** provided strategies and direction to build a professional capsule wardrobe.

"We initiated these summer networking events to celebrate the sense of pride and camaraderie that flourishes through hard work, mentoring, and fellowship among professional women in our community," said Lightfoot managing partner Melody Eagan. "It can often feel like an arduous 'balancing act,' and our goal for this year's program was to help achieve that balance we all strive for."

This marks the seventh women's networking event hosted by Lightfoot, which has consistently championed empowering initiatives. Past programs have focused on highlighting female entrepreneurs in the community, raising fearless girls to become strong women and the revitalization of Birmingham's downtown core.