

NEWS & INSIGHTS

RACHEL LARY AUTHORS LAW360 ARTICLE ON HOW ATTORNEYS CAN EMOTIONALLY PREPARE FOR TRIAL

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Lightfoot Franklin & White LLC partner **Rachel M. Lary** authored a **Law360 Expert Analysis article** (subscription required) offering practical advice to lawyers on emotionally preparing for a trial.

In her article, “4 Ways Attorneys Can Emotionally Prepare for Trial,” Lary explores the situations that might trigger an emotional response during a trial and shares strategies for remaining calm and collected during a high-pressure or emotionally taxing situation. Her tips include identifying personal vulnerabilities, anticipating the tactics opponents may employ, practicing mindfulness and maintaining focus.

“Regardless of the emotions at play, however, it’s the trial lawyer’s job to put this aside in order to provide the best representation for their client,” Lary writes in the article. “Formulating a mental strategy, therefore, is equally as crucial as formulating a legal one. And just like the legal strategies, the mental game plan shifts with each case. You must know your opponent – and you must know yourself.”

Download a PDF of the article [here](#).

Lary leads Lightfoot’s product liability team for one of the largest automotive manufacturers, defending it against claims in ten Southeastern states and beyond. Her product liability work also includes defending a Fortune 500 company in high-stakes litigation across the country. She serves as chair of the firm’s Associate Committee.