

DC Women Lawyers Group Panel and Reception

11.19.2025

Wednesday, November 19, 2025

6:00 p.m. - 6:30 p.m. | Registration & Networking

6:30 p.m. - 7:30 p.m. | Panel Discussion

7:30 p.m. - 8:30 p.m. | Cocktail Reception

Sixty Vines

2200 Pennsylvania Ave, Suite 300R

Washington D.C. 20037

[Website](#) | [Directions](#)

Questions or to register, please contact Maricela Slota.

Join us for a candid and constructive conversation on maintaining wellness and sustainability in the legal profession. This panel explores the challenges legal professionals face—including high stress, burnout, and the constant demands of the profession—and highlights pathways toward balance and resilience.

Our panelists will share personal experiences and practical strategies around achieving a healthier work-life balance, managing stress, and fostering a supportive professional environment through mentorship. Whether you're early in your career or a seasoned practitioner, this discussion offers valuable insights on how to practice law not only effectively, but sustainably. Discover how mentorship can serve as both a personal and professional anchor, and learn how legal professionals at all stages can take intentional steps to thrive—not just survive—in today's demanding legal landscape.

Panelists:

- **Jaclyn Hamlin**, *Director & Counsel, Employment Law*, General Dynamics Information Technology
- **Lauren Sykes**, *Senior VP, Regional General Counsel North America*, Vantage Data Centers
- **Denise Giraudo**, *Partner*, Sheppard Mullin

MCLE

NY

This program has been approved in accordance with the requirements of the New York State Continuing Legal Education Board for a maximum of 1 credit hour which may be applied toward the Areas of Law Practice Management requirement and is suitable for both transitional and non-transitional attorneys.

VA

An application for accreditation of this activity will be submitted to the Virginia State Board for 1 general credit.

This event is sponsored by **The Sheppard Mullin Women Lawyers Group (“WLG”)**. The WLG provides our firm’s women attorneys with the resources and opportunities needed to achieve maximum professional potential, taking into account diverse experiences and intersectionality. In particular, the WLG is focused on developing strong professional skills, promoting strategic business development, providing leadership and visibility, and offering mentorship and sponsorship. The WLG serves as a powerful and inclusive network, connecting and supporting women and working collaboratively with all of the firm’s attorneys to promote their collective success. Learn more.

Attorneys

Denise E. Giraudó