

How to Build Resilience and Performance on Your Legal Team

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Summary

- Legal team leaders must first build their resilience through mental strength, purpose, stamina, emotional intelligence, and support.
- Learn strategies to transform your firm’s culture so your legal team recovers faster from setbacks and performs better.
- Resilience-enhancing practices drive improved client outcomes, better team engagement, and sustainable performance in legal practice.

The legal profession is renowned for its rigor—demanding hours, emotionally charged matters, relentless standards, and the weighty responsibility of client outcomes. Lawyers face higher rates of stress, depression, and anxiety than many other professionals. These challenges are familiar to practitioners, but what is less often appreciated is the disproportionate influence leaders wield over the resilience and well-being of their teams. The atmosphere cultivated by leadership—whether intentional or accidental—often determines whether teams adapt and flourish or falter under the constant pressure.

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