



Linda Knight Discusses Work-Life Balance on FDCC Podcast

Spencer Fane attorney [Linda Knight](#) was the featured guest on a recent episode of How FDCC Members Get it Done, a Federation of Defense & Corporate Counsel ([FDCC](#)) podcast.

Hosted by Valerie Kellner, How FDCC Members Get it Done allows in-house and defense counsel members to discuss how they prioritize, organize, and balance their workloads. The series is part of FedSpeaks, the FDCC's wider podcast channel that provides relevant, substantive information, and interviews with industry thought leaders.

On her episode, Linda outlined her typical workday and shared her preferences for notetaking, working in the office vs. at home, managing distractions, and handling email while on vacation. She also provided advice to young attorneys.

"There is a need to find a mentor and a sponsor, and you need to do it early and you need to have that connection with that person ... you're navigating other personalities, firm politics, how to climb the ladder ... to try and figure that out on your own is really doing yourself a disservice," Linda said.

At Spencer Fane, Linda helps insurers and their insureds successfully resolve complicated first- and third-party litigation to minimize potential exposure when stakes are high. She has particular experience defending insureds in catastrophic loss cases and insurers in coverage and bad faith litigation. This has allowed her to build a national practice and serve clients as trial counsel in federal and state courts throughout the country, with an exemplary record of strong results for her clients in highly contentious matters.

Listen to the full podcast episode [here](#).