



EMOTIONAL INTELLIGENCE FOR ATTORNEYS

SUPPORTING ARTICLES AND STUDIES

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General Observations

Attorneys provide vital services while bearing unique pressures and stresses, including heavy workloads and long hours away from their families, ethical dilemmas, public scrutiny and criticism, complex decision making, stubborn and demanding clients and pressure to achieve billable hours.

The articles and studies listed below show that an emotionally intelligent attorney has an enhanced ability to: (1) maintain a healthy work/life balance; (2) understand the emotions and drives of clients and opponents; (3) recognize when legal issues are actually relational and emotional issues; (4) help clients develop strategies that prevent future conflict; (5) identify and resolve ethical challenges; and (6) negotiate agreements that meet the core goals and needs of all sides.

Relevant Articles and Studies:

1. [Beyond Smart: Lawyering with Emotional Intelligence](#) (496 page book)
2. [Emotional Intelligence: The Most Important Skill Lawyers Need](#) (2022)
3. [Emotional Intelligence: What is it and why do lawyers need it?](#) (2022)
4. [Why Lawyers Need to Be Taught More about Emotional Intelligence](#) (2019)
5. [Lawyer with Emotional Intelligence – The Key to Greater Success](#) (2007)
6. [Does Your Lawyer Have Emotional Intelligence?](#) (2020)
7. [Well-Being for Attorneys](#) (2019)
8. [Stress, Burnout, and Emotional Realities in the Lawyer/Client Relationship](#) (2015)
9. [How Emotional Intelligence Makes You a Better Lawyer](#) (2017)
10. [How Emotional Intelligence Makes You a Better Lawyer](#) (2017)
11. [Emotional Intelligence of Female Trial Lawyers Can Work in Their Favor](#) (2017)
12. [Mediation and Conflict Resolution Embraces Emotional Intelligence](#) (2016)
13. [The Importance of EI for Lawyers](#) (2016)
14. [Future Lawyers Should Be Screened for Empathy](#) (2015)
15. [Emotional Intelligence in Litigation](#) (2015)
16. [How to Harness EI to Ensure Success](#) (2015)

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