



Alison Monahan: Welcome back to the Law School Toolbox podcast. Today, we're excited to be talking with Kate McGuinness, a former BigLaw partner and Fortune 200 general counsel who started her life anew after being abruptly fired. This experience led her to study coaching and to learn about neuroplasticity, which informed her newest book, [*Confidence Lost / Confidence Found: How to Reclaim the Unstoppable You*](#). Your Law School Toolbox host today is Alison Monahan, and typically, I'm with Lee Burgess. We're here to demystify the law school and early legal career experience, so that you'll be the best law student and lawyer you can be.

Together, we're the co-creators of the [Law School Toolbox](#), the [Bar Exam Toolbox](#), and the career related website [CareerDicta](#). I also run [The Girl's Guide to Law School](#). If you enjoy the show, please leave a review or rating on your favorite listening app. And if you have any questions, don't hesitate to reach out to us. You can always reach us via the [contact form](#) on LawSchoolToolBox.com, and we would love to hear from you. With that, let's get started.

Welcome back to the Law School Toolbox podcast. Today, we're excited to be talking with Kate McGuinness, a former BigLaw partner and Fortune 200 general counsel who started her life anew after being abruptly fired. This experience led her to study coaching and to learn about neuroplasticity, which we will talk about. Her newest book is *Confidence Lost / Confidence Found: How to Reclaim the Unstoppable You*. So, welcome, Kate.

Kate McGuinness: Thank you. I'm happy to be here.

Alison Monahan: Oh, my pleasure. First off, could you just give us a little bit of background on your career path, which is quite extensive and very impressive, so that our listeners have some context?

Kate McGuinness: Sure. It has been a somewhat long road, and a little bit winding also. After I graduated from law school, I joined a BigLaw firm, and seven and a half years later, became a partner. After 10 years as a partner, I was recruited by a Fortune 200 to be their general counsel and vice president. That turned out not to be as happy a situation as I had hoped, and I was quite abruptly fired. So, there's my legal career. I decided after that termination whether I wanted to go back into law or whether I wanted to be a general counsel and subject to the capricious determinations of others. So I decided to write, and I produced a novel, [*Terminal Ambition: A Maggie Mahoney Novel*](#), which I wrote and set in a BigLaw firm. My intent of the novel was to educate women about what constitutes sexual harassment and what constitutes gender discrimination. This was in 2012, long before the Me Too movement. And I think the book achieved its educational goal. There were about 30,000 downloads. I felt good about that.



Things changed suddenly when the corporation that was paying me severance, reparations for having been so abruptly fired, that corporation went bankrupt, and that dramatically changed my life. I ended up selling the ranch I lived on in California Wine Country. I retreated to Iowa, lived in a small town in Iowa and found I'm a Californian at heart, and focused on, "Well, what can I do to come back to California?" And the answer I found was to study executive coaching. I was in a seven-month program, had learned a whole lot about psychology, and principally, about neuroscience and [mindfulness](#). And that knowledge led me to make some changes personally, and it underlies the book *Confidence Lost / Confidence Found: How to Reclaim the Unstoppable You*.

Alison Monahan: Yeah, I've read *Terminal Ambition*. I think it's a great book. I've handed it out to numerous people who sometimes find themselves in these situations. And if people want to find out more about you and about the book – I mean, various books – how can they do that?

Kate McGuinness: Probably the best site is [katemcguinness.com](#). Also, there's information about me, of course, on LinkedIn. And I have an Instagram account and, gosh, a Twitter account, and a Facebook account.

Alison Monahan: Don't we all, these days?

Kate McGuinness: That's right.

Alison Monahan: Alright, so go check out Kate's website. I'm sure you're linked to your everything else there. Alright, well, tell me a little bit about this new book. What made you want to write a book about confidence?

Kate McGuinness: I was primarily inspired by my clients. As I said, I learned to be a coach, an executive coach, and I've dedicated my practice to women. It's called [empoweredwomen.coach](#). See, I'm still committed to those issues that motivated me to write *Terminal Ambition*. And I heard too often from my clients that they didn't feel like they had deserved their success. Maybe it was just luck, maybe they got it because they knew someone. In other words, they didn't believe in themselves. And really having that ability to believe in yourself, having self-assurance is what lets us go ahead and achieve our goals. And because of what I had learned in coaching and what I had applied to myself, I was my own first case, I guess you could say.

Alison Monahan: Well, aren't we always? I sometimes joke I created the Girl's Guide to Law School website because I wanted to read it when I was a law student, and it didn't exist.

Kate McGuinness: Exactly.



- Alison Monahan: And what do you really mean by confidence? You kind of alluded to this in your prior answer, but what are we talking about here?
- Kate McGuinness: Confidence is a sense that you will generally be able to accomplish the goals you set for yourself in life. Not every goal, but that in general, you will be able to achieve what you set out to do.
- Alison Monahan: Interesting. So maybe I should just reframe my goals and I'll be more confident. So, I've had a chance to review the book and one of the things I like about it is that you framed this really as more reclaiming your confidence, rather than as being something you have to go out and create from scratch. Why do you think about it that way?
- Kate McGuinness: Well, I started thinking about it that way for myself – the experience of having been fired, of losing my severance, and losing my ranch here in California. All of those things had combined to really lower my confidence to a point that was pretty uncomfortable. And I saw the process for myself. Yeah, I still had confidence when I was living in this Iowa farm town – enough confidence that I signed up to be an executive coach, that I knew I could succeed and graduate from that program. So it was for me, a question of taking the core of confidence that still existed, and how I could boost it. And that's what I hope this book will let people do. It's not that they have no confidence, but it's a way to boost or amplify the confidence you do have.
- Alison Monahan: Right. I think this is particularly relevant when I was thinking about this to women. I know there were studies showing when girls become adolescents, they tend to have a huge drop-off in confidence, and they just are not...
- Kate McGuinness: Exactly.
- Alison Monahan: Not the same confident kids that they were. And I think for a lot of people, that lingers for a very long time, and then also to law students. We talk to so many law students who are getting ready to graduate or have graduated, and they're just saying, "Look, nobody's going to give me a job, I have nothing to offer." And these are people who were very confident before they started this school. So, it has always been very interesting to me. We work with students when they're looking for jobs and things too, and a lot of that really is going back to, "Okay, what did you think you were good at before you started law school?"
- Kate McGuinness: Exactly.
- Alison Monahan: The school sort of beats the confidence out of people, unfortunately.
- Kate McGuinness: Yes, it does. Fortunately, I had a good experience in law school – not cheery, but I was successful, and that let me start law practice with confidence. But I agree



with you. The experience of being in law school and starting at a new job really can drain people.

Alison Monahan: I just remember thinking well into my second or third year, being completely convinced I was going to fail certain exams. I had classmates who were like, "This is ridiculous. You're on Law Review, you're not going to fail Property."

Kate McGuinness: Right. Right.

Alison Monahan: But yeah, I was like, "Oh, there's no way. I'm never going to pass this." Obviously, I did. But yeah, I think there's something about that experience that really does bring people down a lot – not always, but in a lot of cases. At least sometimes.

Kate McGuinness: Well, it seems like for, I think all of us, law school becomes a constant test. Whether the test is, "Am I going to put up my hand to answer this question in class, or is it the final?" It's an ongoing test.

Alison Monahan: Right, and I guess they kind of frame it that way even – it's your bootcamp for life or whatever.

Kate McGuinness: Oh, that's excellent. One of the things that I thought about law practice and trying to make partner is, it becomes like running through a viscous fluid and trying to jump hurdles.

Alison Monahan: That sounds delightful.

Kate McGuinness: But to some extent, that is law school, and certainly, being in a big firm and trying to get up there and grab that gold ring of being a partner.

Alison Monahan: Right, which is getting harder and harder. So I think that's even another test, like, "Okay, great. You graduated from law school. You're top of your class. Now you're in this firm environment, where you're back at the bottom again." So, why do you think it's so important for people to feel confident, and what are some signs that maybe people do need to start working on their particular confidence?

Kate McGuinness: Well, that's a great question, and I've been struck in writing this book and finding studies where again and again, people who succeed in getting a job are people who convey confidence. Then in making a hiring decision, confidence becomes more important than competence.

Alison Monahan: Yeah, unfortunately.

Kate McGuinness: Right.



- Alison Monahan: We try to structure our hiring process intentionally to make people be competent too. But it is definitely one of those things when you have an interview-based hiring system and nothing else – yeah, I think it is so much like, "Can you sell this? Are you a good interviewer?"
- Kate McGuinness: And that's one of the sections I included in my book. I certainly have general theories of how to become confident, what are the specific things you can do to increase your confidence, what are the things you should stop doing that drain your confidence. But then I do have a few chapters toward the end of the book on specific situations that require confidence, such as interviewing for a job, such as giving a speech, receiving a performance review. Now, there's one that's really loaded.
- Alison Monahan: Right, definitely. No, I think, all those chapters are super interesting too, because they're very practical, actionable things that you can do, rather than just, "Be confident!" It's like, "Well, what does that mean in the context of, I'm going into a performance review and I'm not sure how it's going to go?"
- Kate McGuinness: That was my goal, to really help people. It was, "Okay, I've got a performance review. I remember there is a chapter on that in the book. Let me go and pull the book off."
- Alison Monahan: Right. I think these are things that everybody needs a strategy for. Certainly, I've definitely helped friends and family members and things like that prep for their performance review, like, "Okay, what are we going to do if this happens? What are you going to do if that happens? What are you going to say if this happens? What are you trying to put out there?" All these kinds of things. It's not like you just have to go in and you're going into the paper shredder, which is sometimes how I think people think about it.
- Kate McGuinness: Right. Well, it's a challenging situation, so my goal was to try and make that easier.
- Alison Monahan: No, I think you succeeded, for sure. Well, talk to me a little bit about the science behind this, because we mentioned this in the intro. Can we really transform our brains and our thinking?
- Kate McGuinness: That's one of the things that I absolutely love. I was very excited as I studied psychology as part of my coaches training to find out about neuroplasticity. Yes, we can change our brain at any age. And the way that happens is, to put it in very simple terms, neurons that fire together, wire together – so, if you can begin to associate a task with a sensation. If you have the experience of being confident, sometimes it can be as simple as being able to clear the shredder, the paper jam out of your printer, or opening a bottle of champagne. You have that



experience, that's a confident state. And if you can have that confident state again and again, your brain will begin to wire in the sensation of being confident.

Alison Monahan: That's so interesting. It sounds a little bit like a book we read and talked about on a [podcast](#) previously, I think this year, by someone called Dan Siegel, which is [Mindsight](#). I think he's a doctor and he's talking about how our brains process information and emotion and all of these things, and it's super interesting.

Kate McGuinness: Yeah, when I discovered neuroscience, I thought, "Oh, I should change my career."

Alison Monahan: Right.

Kate McGuinness: I think it's a little bit late for that, but I certainly enjoy the things that I'm able to read in that field.

Alison Monahan: Well, I guess you can always apply that to the legal practice and help some lawyers be happier, more effective people. Possibly your next career. And so, using this idea, what are some of the ways that people are presumably, I guess unintentionally, reducing their confidence by doing things that maybe are training their brain in these negative patterns?

Kate McGuinness: Oh, that's a very good way to putting it, because we can actually create almost like furrows in our brain that reinforce negative emotions. For example, if every time you look in the mirror and you look at yourself, and you say, "Oh God, I'm so fat" – if you say that every time you look in the mirror, you've created a neural pathway. Or if you get an assignment and you say, "Oh my God, I'm never going to be able to do this. I screwed up the last assignment I got from this partner." Again, you have created a real negative groove in there.

Alison Monahan: Yeah, some of this sounds almost like what, at least my understanding is, people are doing with cognitive behavioral therapy, of kind of reframing. I'll admit, the first time I heard about this, I was like, "Oh, that doesn't sound like that would work." But then I've sometimes tried some of these techniques and I find they really are effective.

Kate McGuinness: Yep. It is amazing, and it's a delight actually when I see it work with my clients, to see people be able to change how they approach challenges. Challenges become opportunities instead of threats.

Alison Monahan: Right. No, I definitely think having run a business for a while now, there is always this moment every time we take on a new project, where first – I think Seth Godin talks about this at some point, the dip – in the beginning, you're all excited, you're like, "Yay, this is going to be so great. It's going to be really easy."



And then you get to that part where you're like, "Oh wow, this is really not easy." But now we recognize that as part of the process and just push through the dip. I think he has a whole [book](#) on this, but it's really like this is what's happening, but then there's also how we're perceiving it, and the story that we're telling ourselves about it. And I think that's such an important shift for people to really understand that whatever story you're telling, I don't want to say it's a self-fulfilling prophecy, but often it kind of is.

Kate McGuinness: That's a wonderful point. I think there are a couple of places in my book where I talk about, look at your story. Sit down and maybe it's just two or three sentences, maybe it's two or three pages, and talk about the story of your life. But it's so important as you do that to not have it be a narrative of victim-hood.

Alison Monahan: Right, like, "I'm a failure, all these things happened to me. I'll never get over them." It's like, "Okay, that's probably not helpful." I've told that story myself and I recognize this is probably not a helpful narrative.

Kate McGuinness: Right. In my case, for example, here I was partner, general counsel. Oh boy, whoopie, aren't I special? Get fired, get a severance – that's pretty good. I live on a nice ranch, I write a book. Well, that's still pretty good. And then, wham!

Alison Monahan: Yeah, you definitely got hit by some challenging situations.

Kate McGuinness: When I think of that as my narrative, then it's perhaps a narrative of victim-hood, but when I look at it as a whole... And I can tell you quite honestly, Alison, the thing that I learned the most from in my life, was being fired.

Alison Monahan: Interesting.

Kate McGuinness: So, that is my personal reframing, and that's something I think as people are struggling, it might be worthwhile for them to take some time and think about what their own narrative is.

Alison Monahan: Right. And I think so many times, as lawyers and even law students, we are motivated in some ways by these external factors of like, "Oh, I've achieved this goal or I've achieved this position. I'm a partner, I'm a general counsel, yay!" And then when that's taken away, I think you have to sort of evaluate more like, "Who am I now? What am I really about?" And I think, at least my experience of leaving BigLaw and whatever, became much more of an internal journey of like, "Oh, okay. That's not me anymore. So, what am I now?" I think that's an interesting sort of progression to have to go through.

Kate McGuinness: Right. It definitely is. One of the things that I try and bring out in my book is that I had confidence when I was a partner, I was the general counsel. And in fact, a lot of that confidence had grown out of the approval of other people; all of the



gold stars I had won over years of school and career success. That confidence was what I think of as conditional confidence.

Alison Monahan: Okay.

Kate McGuinness: When I had the condition of receiving gold stars and approval and pats on the head. And what I have created now is authentic confidence, sustainable confidence, and that's what I would hope for my coaching clients and for people who read the book.

Alison Monahan: Yeah, I think this authenticity piece, too – I'm going to take it in a slightly different direction. I like the framing there, but also, I feel like a lot of this really does come down to authenticity. And this is something Lee and I talk about a lot. I think we even have some [podcasts](#) probably about how do you maintain your sense of self and your authentic being when you're in a profession that really rewards probably not the healthiest ways of living, and these external accolades and things? There's always another hoop to jump through. It's like, "Oh, okay, you're a partner. Great. Well, are you an equity partner? Are you a managing partner?" It's like, when does it stop? And it kind of never stops.

Kate McGuinness: Well, I'm so glad you said that. Authenticity, I think, is really the key to becoming confident in a sustainable, genuine way. In fact, authenticity is the first sort of chapter with an action item or a plan in my book. Authenticity. And it suggests ways to get in touch with who you really are, by for example, looking at your values. They, of course, are listed in the book and actually on my website there's a list of values that's printable. So, if people want to go through the exercise of, "What are my five most important values?" And sometimes that can be easy, but when you start to narrow it down – three, then two – you begin to see that your values can come in conflict. Compassion: "Oh, yes, I'm very compassionate." Success: "Well, of course."

Alison Monahan: Right. Maybe those are going to be not congruent all the time.

Kate McGuinness: What happens when your secretary blows a filing deadline because she had to take her child to the doctor? Where is compassion? Where's your drive for success? How do you reconcile those?

Alison Monahan: Yeah, and I think in a high demand profession for a lot of people, these things do often come into conflict. So, people feel like they can't sort of bring their entire selves to the office because they don't fit into this box of what we think of as a lawyer, and that's a problem. But then, yeah, this value stuff certainly happens all the time. One of the final reasons I quit my law firm job was when a partner told me not to go visit my dying grandmother. And I'm like, "Hmm." That is one of those moments of clarity and choice where you're like, "Well, let's see what my options are." Literally, I said to him, "Look, you can fire me if you want to,



but I'm going to see my dying grandmother." That is a value choice that I'm going to make and I will risk my job over that. And in the end, it didn't happen, but whatever.

Kate McGuinness: Right.

Alison Monahan: But definitely, there are those moments where you're like, "Oh wow, okay. This is not really the way that I would choose for this scenario to go down."

Kate McGuinness: Well, I think being a lawyer, in BigLaw especially, can be an ongoing test of what are your values.

Alison Monahan: Right, your limits.

Kate McGuinness: Yeah, your limits. It is very difficult. I think you made a great decision to leave.

Alison Monahan: Well, for me, I just realized no amount of money is worth what this is doing to my life. Other people make a different decision and that's totally fine, but I think getting clear about what decision you're making is really the key. So you recognize, "Okay, I might be giving up X, Y, and Z, but I'm getting A, B, and C. I'm okay with that." But if you don't examine that ever, I think that's when people get really miserable because then you have kind of all this unexpressed angst, but you're like, "No, I have this high-power job, I get paid a lot. I should be happy." I'm imagining you probably have seen clients like that in your coaching.

Kate McGuinness: Oh my gosh, yeah. I really do. Because I focus on women, I do hear a lot of clients who are struggling with time with their family. But, "Oh gosh, I'm on partnership track." That's a real challenge.

Alison Monahan: Yeah, for sure. Alright, let's shift gears a little bit because we're getting a bit low on time and I want to talk about this particular topic. Let's talk about perfectionism. You have a whole chapter on this, and it is a real challenge, I think, for many law students, many lawyers. What tips do you have for people who are really struggling with their tendency towards being perfectionist?

Kate McGuinness: I think the first thing is to become aware that you are a perfectionist and what it is you're doing. For example, I find I get some bodily cues about that. I find that my neck might tighten, my jaw might tighten. Actually, when I'm really in perfection overdrive, I kind of feel it in my chest. You can look for bodily cues, but if you're not attuned to that, you're maybe driving yourself so hard, you're not even listening to your body. And I think that's true of a lot of law students and lawyers.

Alison Monahan: Absolutely. Yeah, definitely. I was on that train. I remember when I finally went to therapy after becoming clinically depressed my first year of law school, and



I'd tell her some crazy story and she'd kind of look at me and say, "Oh, and how does that make you feel?" And it's like, "Well, I think about..." Like, "That's not the question I'm asking you. I'm asking you what you feel telling me this insane story." And I was like, "I have no idea. I don't even understand the question." She actually had to kind of instruct me in like, "Well, do you feel like your palms are sweaty? Do you feel tightness in your shoulders? Do you feel your stomach?" And I was like "Huh. That's interesting." She was like, "Yeah, that feeling is anger", or whatever it was. And I was just like, "Oh, wow. Yeah, I never..." Dan Siegel talks about this, too. It's a sign of basically essentially bad parenting in childhood. There's a lot of stuff out there on this but I think it is something that people who are perfectionists tend to end up in these types of professions, and then are increasingly disconnected from the signals that they're being sent.

Kate McGuinness: It's interesting that you referred to bad parenting, because there certainly are interesting issues, fascinating issues about, where does the drive for perfectionism come from? And really, perfectionism is seen as an attempt to get approval. And often, it's approval from our parents.

Alison Monahan: Yeah, I think it's [Brené Brown](#) who really was transformative for me personally on this point, because she talks a lot about perfectionism, basically a fear of being vulnerable and all these kinds of things. But then, vulnerability is what leads to connection. She has this whole theory around this that I think for me was really eye-opening. I'm like, "Oh, so it's not just like I'm trying to be perfect because I want this project to be perfect. There's all this other stuff going on."

Kate McGuinness: I think that's right, absolutely. I think Brené Brown is really great on this topic.

Alison Monahan: Yeah, we're just hitting all the high points here. The other one I want to bring up for people who are interested is the Martha Beck on the body and all that kind of thing. Her [Finding Your Own North Star](#) was also very transformative for me personally. I think there's so much interesting stuff out there about all these topics.

Kate McGuinness: And you asked how you can tell if you're a perfectionist. We talked about the bodily signs and I think that's really important. And sometimes, as a lawyer, you might wake up and find yourself, "How many times have I revised this document? Have I put back in a sentence I already took out? How many times has that sentence rotated through my brief?" Those kinds of things, really, if you're a little bit aware, may key you off that, "Yeah, I'm a perfectionist."

Alison Monahan: Right. And sometimes people hear that and they go, "Well, of course I'm a perfectionist. I want to be perfect." But that's not really what we're talking about here. It's more like, are you spinning your wheels in a way that is not producing results, really?



- Kate McGuinness: I think perfectionism can become an addiction, and you talk about spinning your wheels. The single instance that I most recollect was, I had an associate – mid-level associate, good associate – go through a 100-page document to make sure at the end of each sentence, there was only one period.
- Alison Monahan: Okay, I will admit, that is my own personal peeve. Also, you could use Find and Replace on that, but...
- Kate McGuinness: Yeah. Right.
- Alison Monahan: I think it's a hard line because for me, I want there to be one period, and I go nuts on our website or whatever if people... I mean not nuts. I try to... I can train it, but I do make them change it. And also, I think we want to have high standards, but at the same time I realize I can't hold up an entire project and I can't review every single blog post for double spaces, even though I would prefer they not be there. That's just not practical.
- Kate McGuinness: Well, at some point, you also should look at the value of perfectionism.
- Alison Monahan: Right. Is this really changing anything?
- Kate McGuinness: What does this add to the project? If you look at that in the context of practicing law, what was the value of her task with the periods? Well, it was very... I had to discount that time. I couldn't charge the client for that time.
- Alison Monahan: Right, \$300 an hour to see if there's double-spacing after a period – yeah, they would probably not be happy about that.
- Kate McGuinness: No.
- Alison Monahan: Yeah, but that is one of those things that I notice because I have a design background too, and I just see these things and it does actually drive me insane. But I've also learned to recognize that it's not something I should be spending that much time on.
- Kate McGuinness: I would suggest that to people who think of themselves as perfectionists and, "How can I stop?", is if they can think about, "What's the cost of what I'm doing, and what's the value?" Does my son really have to have a birthday cake that looks like a train engine? Should I spend my time doing that or should I spend my time talking to him, reading to him?
- Alison Monahan: Right, or can I outsource that project to somebody who actually wants to do it?
- Kate McGuinness: Exactly.



Alison Monahan: Yeah. No, I think it's about choosing your battles, for sure. Unfortunately, the double space after the period is kind of a hill I'm willing to die on, but not every day.

Kate McGuinness: Well, I'm sorry I picked up such a sensitive topic.

Alison Monahan: No, no, it is one of those ones. But again, I've recognized that that is triggering for me and I'm like, "Okay, you are being crazy about this. You need to just ask someone to revise this document with the Find and Replace, and then move on with your life and assume that they'll do it." Well, unfortunately, we're about out of time, but I'm just curious – you mentioned earlier that you wrote this book arising out of the things you were learning, but to what extent have you applied these to your own life? Are you feeling more confident these days?

Kate McGuinness: Oh wow, I definitely am. Having lived in this strange town in Iowa, and then coming back to California after a five-year absence – for example, making new friends – that requires confidence. And sometimes if you don't have confidence, being in social situations, new social situations, can be something you want to avoid. I found that as my confidence has grown, that I've become much more comfortable with both sorts of situations. And just a quick example of how I am using the tools that are in the book. I recently recorded an audio book, audio version of *Confidence Lost / Confidence Found*. And the first half-hour, first hour was a little rocky and I felt uncomfortable with that. And then I remembered the power of the word "yet", which is featured in the book under Growth Mindset. So, I remembered, "Oh, okay, this hour is a little rocky. It's because I haven't learned to do this yet." And once I told myself that, it let me go forward with confidence. It meant, "Oh yes, I will learn how to do it, it's just I haven't done it yet."

Alison Monahan: I think that's such a great way of framing it. People sometimes think, "Oh, I didn't do so well on this first semester exam, so I'm just bad at law school." And it's like, "Well, no, you just haven't learned these skills that you need yet. You can learn them."

Kate McGuinness: If you want to get a tattoo, get a tattoo of "yet". Put that on your wrist.

Alison Monahan: I love it! No, it's a really great way of framing it, I think, because it does make you think, "What are those steps I need to do?" Or just even time and practice and repetition is going to make this easier. Alright, Kate, thank you so much for joining us. Any final thoughts you'd like to share with people on this topic?

Kate McGuinness: I would encourage people to think about the power of "yet", to really believe in themselves. They can achieve the goals that they set out for themselves.



- Alison Monahan: Alright, great. I think that's a great point to end on. And let's just remind people how they can connect with you, and get the book if they're interested.
- Kate McGuinness: Katemcguinness.com is a good source. And the book – you can buy the book on Amazon, or you can buy it in independent bookstores. And there also is an audio book. So, I encourage you to pick your favorite medium.
- Alison Monahan: Nice. Well, I've taken a look at the book. I think it's fantastic. It really does summarize a lot of the science in a very approachable way and it's very actionable. So, I think people will enjoy it and find it useful. Well, thank you so much for joining us, Kate.
- Kate McGuinness: Oh, thank you. I very much enjoyed it.
- Alison Monahan: My pleasure. If you enjoyed this episode of the Law School Toolbox podcast, please take a second to leave a review or rating on your favorite listening app. We would really appreciate it. And be sure to subscribe so you don't miss anything. If you have any questions or comments, please don't hesitate to reach out to Lee or Alison at lee@lawschooltoolbox.com or alison@lawschooltoolbox.com. Or you can always contact us via our website [contact form](https://www.lawschooltoolbox.com/contact) at LawSchoolToolbox.com. Thanks for listening, and we'll talk soon!

RESOURCES:

- [Confidence Lost / Confidence Found: How to Reclaim the Unstoppable You, by Kate McGuinness](#)
- [Terminal Ambition: A Maggie Mahoney Novel, by Kate McGuinness](#)
- [Empowered Women Coaching](#)
- [Mindsight: The New Science of Personal Transformation, by Dan Siegel](#)
- [The Dip: A Little Book That Teaches You When to Quit \(and When to Stick\), by Seth Godin](#)
- [Finding Your Own North Star, by Martha Beck](#)
- [Brené Brown](#)
- [Podcast Episode 5: Maintaining Authenticity in the Legal Profession](#)
- [Podcast Episode 202: Book Club – Mindsight: The New Science of Personal Transformation](#)
- [Podcast Episode 210: Using Mindfulness Practices as a Law Student](#)