

THE SLG ADVISOR

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Helping Others Thrive

THE TRANSFORMATIVE POWER OF MENTORSHIP

Life is full of surprises. Mentorship is not something I imagined would become such a big part of my life or career, but here I am, completely hooked. I didn't know I'd love it, but mentoring young lawyers and professionals has been incredibly fulfilling. It feels like giving back in the most meaningful way possible.

For me, mentorship goes beyond sharing advice — it's about fostering growth, offering guidance, and creating a connection that helps someone navigate their path. It's a responsibility, yes, but it's also a privilege. When a younger professional reaches out and asks to meet for lunch or coffee, I rarely say no.

Why? Because I've come to see mentorship as an opportunity to shape the future of my profession. Whether it's discussing how to handle life in a law firm, developing a professional identity, or balancing the challenges of legal work, I want to pass on the lessons I've learned.

Truthfully, I get nothing out of mentorship monetarily, for it has nothing to do with business growth or client referrals. Instead, it's about seeing someone else thrive and knowing you played a small part in their success.

For many younger lawyers, the legal profession can feel overwhelming, stressful, and a bit negative at times. I try to be a reminder that it doesn't have to be that way. You can have a thriving career, do great work, and still be happy. It's not all about trial skills or technical expertise — there are courses for that. My focus is on helping mentees figure out *how* they want to show up in this profession.

I ask them questions like, "Who do they want to be known as?" "What kind of reputation do they want to build?" and "How do they manage challenges while

staying true to themselves?" These are the big-picture questions I love discussing with mentees.

Years down the road, I'd love to look back and see that the mentees I've worked with have gone on to do amazing things. Maybe they'll run their firms, build innovative practices, or redefine what it means to be a lawyer. And I'll sit back, thinking, "I had a hand in that." It's a legacy, not in the financial or material sense, but in the sense of leaving behind a profession that's a little better, a little stronger, and a lot more compassionate because of the connections I've made.

Mentorship isn't a one-way street. While I aim to inspire and guide, I often learn just as much from my mentees. Their fresh perspectives, energy, and ambition keep me motivated and grounded.

Some give back through volunteerism or donating to charities, but for me, it's taking the time to meet for coffee, answer questions, and share my experiences. I love showing young professionals they can be successful and happy, even in a high-stress field.



-Len Spada

NO TEXT IS WORTH A LIFE

The Cost of Distracted Driving



Distracted driving. We hear about it all the time, but it continues to wreak havoc on our roads. Over the past four months, we've seen the devastating consequences firsthand. While settlements can provide a little relief, no amount of money can undo the pain and loss caused by these avoidable accidents.

In one recent case, a distracted driver collided with a motorcyclist, leaving our client with serious leg injuries. The \$425,000 settlement we secured for them will help with medical expenses and rehabilitation, but it won't erase the memory of the pain they endured. It's an important reminder that taking your eyes off the road for even a second or two can cause repercussions that last a lifetime.

In another case that we resolved in 2024, a pedestrian was struck by a distracted driver. This client's injuries were severe, and while the \$900,000 settlement was substantial, it's tough to quantify the emotional and physical toll such an incident takes. The money recovered is NEVER worth the trauma and pain endured, never.

So, we beg you — please take road safety seriously. Distracted driving doesn't just happen because of texting. It's eating, fiddling with the radio, or any action that diverts your attention from the road, and the consequences are often irreversible.

So, what can you do?

- **PUT YOUR PHONE AWAY.** No text or notification is ever worth a life!
- **STAY FOCUSED.** Whether you're navigating busy intersections or cruising on a quiet road, always be aware of your surroundings.
- **SET AN EXAMPLE.** If you have passengers, show them what responsible driving looks like.

While we're proud to help our clients rebuild their lives after such tragedies, we'd much rather have a world where these accidents never happen. So, please put the phone down, keep your eyes on the road, and drive safely. It's a simple action that could save a life — maybe even your own!

REVIEW OF THE MONTH



"My case was complicated and took two years to reach a settlement. But it was worth the wait! The Spada Law Group staff is always professional, thoughtful, and kind. Calls are always answered and returned. I'd like to give an extra shoutout to Joan and her assistant, Kat — they went above and beyond. Again, THANK YOU! I will definitely give your information to all of my friends and family who may need help with accidents and injuries."

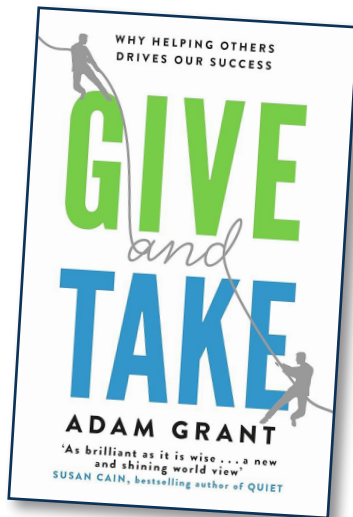
-Laura Rogers

THE SURPRISING POWER OF GENEROSITY

Add “Give and Take” to Your Reading List

If you're looking for a book that can reshape the way you view success, relationships, and generosity, “Give and Take” by Adam Grant is a must-read. As someone who spends a good deal of my time mentoring and giving back, this book hit home for me. While it's a business book, it also offers insights that resonate across all aspects of personal and professional interactions.

Grant's core idea is simple but profound: the world is made up of givers, takers, and matchers. Givers, as the name suggests, are those who prioritize others' needs, often to their own detriment. Takers, on the other hand, seek to maximize their own gain, even at the expense of others. And matchers try to balance the scales, ensuring an even exchange of give-and-take. What makes Grant's research fascinating is his discovery that givers, when navigating relationships wisely, are often the most successful in the long term.



One of the reasons I rate this book so highly is because of how applicable its lessons are to everyday life — not just the workplace. He illustrates how giving can transform relationships, communities, and even industries. “Give and Take” is packed with compelling stories of people who achieved extraordinary success by putting others first, but also cautionary tales about the importance of setting boundaries.

For me, this great read reinforced why I love mentoring. It's a reminder that generosity isn't just altruistic — it's strategic. By investing in others, you're also creating a network of trust that often comes full circle. I've seen it firsthand: giving doesn't make you weaker; it makes you stronger in ways you might not immediately realize.

This book is an eye-opener that challenges conventional wisdom about success and inspires you to approach life differently. I couldn't recommend it more!

-Len Spada

THE PERFECT CHOCOLATE CAKE

Inspired by AllRecipes.com

Indulge your sweet tooth this Valentine's Day with the ultimate chocolate cake recipe! Rich, moist, and decadently delicious, this cake is the perfect way to show your love.

INGREDIENTS

- 2 cups white sugar
- 1 ¾ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 1 tsp salt
- 2 large eggs
- 1 cup milk
- ½ cup vegetable oil
- 2 tsp vanilla extract
- 1 cup boiling water

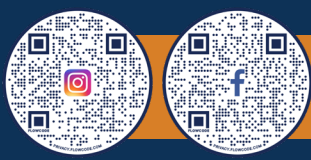
DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Grease and flour two 9-inch round baking pans.
3. Combine sugar, flour, cocoa, baking powder, baking soda, and salt in a large bowl.
4. Add eggs, milk, oil, and vanilla; mix on medium speed with an electric mixer for 2 minutes.
5. Stir in the boiling water (batter will be thin).
6. Pour evenly into the prepared pan and bake until a toothpick inserted into the center comes out clean, about 30 to 35 minutes.
7. Cool in the pans for 10 minutes, then transfer to a wire rack to cool completely.



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Nostalgia in the Air

HOW FAMILIAR SCENTS BRING BACK MEMORIES

Have you ever caught a whiff of freshly baked cookies and suddenly found yourself back in grandma's kitchen? Our sense of smell has a knack for transporting us back in time, thanks to a bank of 50,000 different scents tied to our memories. This little olfactory time machine plays a significant role in our daily lives, taking smells and turning them into emotional snapshots. Get ready to stop and smell the roses because we're diving nose-first into the power of our nostrils.

SCENT-SATIONAL MEMORIES

The olfactory bulb processes scents at the front of our brain, the area that

sends information out to the body. Odors go directly to the limbic system, the part of our brain that processes emotions and memories. When we smell something, our brains label it and remember our emotional response to it. So, when you smell those fresh cookies, your mind tells you it's a cookie and reminds you of the warmth and love you felt as your grandma baked when you were a child. Our nose also protects us by helping us remember smells associated with danger, like fire.

WHIFF A MOOD LIFT

Scents also impact our moods and feelings. Certain fragrances, like lavender,



can make us feel relaxed; others, like fresh citrus, may trigger a boost of energy. The nose and limbic system work closely together. Certain scents activate the release of neurotransmitters like dopamine or serotonin and activate emotions such as happiness.

So, the next time you feel nostalgic, light a candle with a scent that reminds you of home, and your nose will transport you down memory lane.