

McGowan Pens *Law360* Article Detailing Why Practicing Lyra Makes Her a Better Lawyer

In the News

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Stinson LLP attorney [Bailey McGowan](#) authored an article for *Law360*, "Circus Arts Makes Me a Better Lawyer."

McGowan details how her experience practicing circus arts – specifically, lyra – has led to a more confident, fulfilling practice of law. She draws parallels between the basics of lyra, including paying attention to contact points before attempting a new move, and litigation, noting that litigators must go back to the facts and the basics before attempting to move to the next point.

"I find that when I allow myself to invest time and energy back into my arts, my legal practice benefits because I am much more grounded and able to conceptualize better," McGowan writes. She also credits lyra with helping her learn to trust herself more and overcome imposter syndrome, as well as her fear of asserting her own will.

"Lawyers often struggle with constantly pushing to the next issue. But our practice benefits so much when we can slow down and truly rest physically and mentally," she writes. "By returning to the basics when I'm struggling, being confident to keep pushing and taking much-needed breaks, I am able to give back to my clients in a more meaningful way."

McGowan, a former public defender, focuses her practice on government contracts and white collar defense. She uses a hands-on approach to develop creative solutions while maintaining an empathetic attitude. McGowan's background helped her develop a keen understanding of civil commitment proceedings – a passion she continues to pursue at Stinson.

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