

## Stinson Associate April Petrosino Pens Column on the Power of Mentorship, Overcoming Imposter Syndrome in *Daily Business Review*

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Stinson LLP attorney [April Petrosino](#) authored a column for the *Daily Business Review*, "How Mentoring Helps Combat Imposter Syndrome in Young Lawyers." Drawing from personal experience, she provides insight into the challenges faced by law firm associates struggling with self-doubt and feelings of inadequacy. She also highlights the transformative impact of mentorship on an attorney's professional growth.

"Every attorney starts at the beginning, at page one, and that is precisely why a mentor who can empathize and assist with their own experience is vital for many new attorneys who get caught in this rut," Petrosino said. She emphasizes that mentorship not only provides guidance and support for refining skills, but also fosters a sense of belonging and confidence, thus allowing early career attorneys and associates to thrive in the legal profession.

"Three years in, my confidence in my own abilities continues to grow. I've accepted that it's normal not to have a grasp on certain things at this early stage of my career," Petrosino said. "And while I may not have an instruction manual, I know where to turn when I need help to point me in the right direction, like a compass or a map with a human touch."

Petrosino is an associate in Stinson's Labor, Employment & Benefits Practice Division. She provides legal assistance to entities of all sizes, helping to guide them through labor and employment matters and representing their interests in appellate proceedings.

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