Charitable Leadership Spotlight REZA GOLESORKHI



1. WHAT CHARITABLE CAUSES ARE CLOSE TO YOUR HEART AND WHY?

Charity is based on my personal values, beliefs and experiences. For me, that is defined by my Catholic faith and belief in youth sports.

I am a strong believer in Catholic education. Catholic schools and educational programs play a vital role in providing quality education to children and youth, particularly in underserved communities. These institutions prioritize holistic development, including academic excellence, moral formation and character development. On the other hand, Catholic charities and social service agencies run programs that assist individuals and families in need, including food assistance, housing support, counseling services, health services and support for immigrants and migrants.

Another cause near and dear to my heart is youth tackle football. For five years, I have served as commissioner of McLean-Great Falls Football. I work with a talented group of volunteers who donate their time and energy to the program. I believe that football is more than just a sport. Football teaches our youth tremendous life skills they carry with them long after they've hung up their cleats. It promotes teamwork, discipline and a strong work ethic that will help shape our children into well-rounded adults. But football is not the only youth sport. In the past, I've also served as commissioner to McLean Youth Basketball and coached in both McLean Youth Lacrosse and Baseball.

2. PART OF BEING CHARITABLE IS GUIDING INDIVIDUALS THAT MIGHT BE INTERESTED IN YOUR LINE OF WORK. WHAT ADVICE WOULD YOU GIVE TO YOUNG ADULTS LOOKING TO PURSUE A CAREER IN LAW?

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Focus on Education: A strong academic foundation in your undergraduate studies can pave the way for your future. While there's no specific major required for law school, consider courses or majors that develop critical thinking, analytical reasoning, writing skills, and research abilities, as these are essential for success in law school and legal practice.

Gain Experience: Find opportunities to gain practical experience in the legal field through internships, clerkships or volunteer work. These experiences can help you develop valuable skills, gain insight into the legal profession and build a professional network that may be beneficial in your future career.

Develop Skills: In addition to academic achievement, focus on developing skills that are crucial for success in the legal profession, such as communication, critical thinking, problem-solving, negotiation and attention to detail. Consider participating in extracurricular activities, such as mock trials, debates or student government, to further develop these skills.

Network and Build Relationships: Networking is essential in the legal profession, so start building professional relationships early on. Attend networking events, join professional organizations, and connect with attorneys, professors and alumni in the field. These connections can provide valuable guidance, mentorship, potential job opportunities and most importantly, referrals for your future practice.

3. WHAT GROUNDS YOU AND WHAT INSPIRES YOU?

My faith grounds me. I'm Catholic and start just about every day with daily mass. Attending daily mass has deepened my spiritual connection, strengthened my faith, brought me closer to my community and provided a sacred space to find peace, solace and spiritual renewal amid the busyness and challenges of daily life. What inspires me is the opportunity to help others and to make a positive difference in the lives of my clients. Whether it's helping someone achieve justice in a legal dispute, advocating for social change, or providing pro bono services to those in need, I find fulfillment in knowing that my work has a meaningful impact. I am inspired every day by the opportunity to advocate for my clients, by the challenge of presenting persuasive arguments, negotiating favorable outcomes or litigating cases in court.

4. WHAT IS SOMETHING THAT WOULD SURPRISE US ABOUT YOU?

I am a divorced father of four kids. I believe that my personal experience and the fact that I have raised four amazing kids after a divorce is a powerful example for my clients. I recognize the emotional, financial and family challenges that a divorce may cause. I strongly believe in focusing on the kids during a divorce. Minimizing stress on their lives is best. With my personal and professional experience, my clients maintain their dignity and integrity and feel respected as they favorably resolve both their financial and emotional differences with their spouses.

While divorce lawyers are trained professionals accustomed to dealing with difficult situations, the nature of divorce cases often involves intense emotions, conflict and personal stories. As a divorce lawyer, I frequently find myself serving not just as a legal advisor but also as emotional support for my clients during what is often one of the most challenging period of their lives.

While many people think of divorce as a straightforward legal process, divorce cases can vary widely in complexity, involving issues such as child custody, property division, alimony and prenuptial agreements. As your divorce lawyer, it is my job to navigate these complexities while advocating for your best interests, which often requires me to be both a problem-solver and a negotiator.

5. HOW DO YOU MAINTAIN A WORK AND FAMILY LIFE BALANCE?

Boundaries: Set clear boundaries between work and family time. My children always come first. Define specific hours for work and commit to unplugging and focusing on your family during non-work hours. I like to be home every night for family dinner. To accomplish that, sometimes, I have to leave work aside and return to it after dinner.

Prioritize Task: My "to-do" list has three categories: things you must do, things you have to do and things you need to do. Identify your most important tasks and priorities both at work and at home. Focus on high-priority tasks during work hours to minimize the need for overtime, and delegate or outsource tasks when possible.

Time Management: Use time management techniques, such as setting goals, creating schedules and prioritizing tasks, to maximize productivity and efficiency both at work and at home. Avoid multitasking and aim to be fully present and focused on the task at hand.

Don't forget yourself: Prioritize self-care and wellbeing by making time for activities that recharge and rejuvenate you, such as exercise, hobbies, relaxation and socializing. Taking care of yourself physically, mentally, and emotionally will help you better manage stress and maintain balance in your life.

Be Flexible: Remember that achieving a perfect balance between work and family is often challenging and may require flexibility. Be willing to adjust your schedule, priorities, and expectations as needed to accommodate changing circumstances and demands.