

## Lori Mihalich-Levin: Empowering New Parents & Changing the Workplace Culture

Podcast | Madam Policy

December 20, 2021 | 1 minute read

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Returning to work after having children opened Lori Mihalich-Levin's eyes to the complexity of returning to work and the need for resources to ease that transition—for new parents and employers. Filling that void, Lori authored the bestselling book *Back to Work After Baby: How to Plan and Navigate a Mindful Return from Maternity Leave*; co-hosts the *Parents at Work* Podcast, and founded *Mindful Return*—a movement that helps new parents navigate parenthood and the return to work after parental leave. Join hosts [Dee Martin](#) and Yasmin Nelson as they dive into what drives Lori's passion to empower new working parents. This episode includes a discussion on parental leave in the United States; how to tackle the guilt that parents often face while trying to balance parenthood and working; why taking steps to make your passions a reality is important; and how she is equipping parents with the tools they need to shape parental policies at their workplace. Also, Lori—who recently became a teacher on the *Insight Timer* app—gives some tips on how to incorporate meditation into our daily lives. This episode comes just in time for you to share some of Lori's products to a new parent for the holiday season!

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