CAREER • HOME • STYLE • WELLNESS • SEASONAL LIVING

PARALEGAL Life®

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BEYOND THE TITLE

Celebrating the careers, homes, traditions, and stories that shape life beyond the profession.



COVER STORY

Lisa Lang

From Army Paralegal to General Counsel. A career built on service, perseverance, and purpose.

THIS ISSUE



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PARALEGAL LIFE®

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LISA LANG

Lisa Lang is Vice President and General Counsel at Ohio Northern University. Her journey from Army paralegal to executive legal leader demonstrates how dedication, service, and lifelong learning can create opportunities for legal professionals at every stage of their careers.

SHARI BELITZ

Shari Belitz is a nationally recognized jury consultant and trial strategist who combines data, psychology, and storytelling to uncover the themes that resonate. Her insights help legal professionals better understand communication, persuasion, and the power of a compelling narrative.

MELANIE LIPPMAN

Melanie Lippman is the founder of Amplify Image Consultancy, where she helps attorneys, executives, and legal professionals strengthen their professional presence and personal brand. Her practical style and image strategies help professionals build confidence, credibility, and visibility throughout their careers.

PUBLISHED BY

Paralegal Life® Magazine
A publication of Beyond Paralegals®

FROM THE PUBLISHER

Welcome to the inaugural issue of Paralegal Life® Magazine.

This magazine was created to celebrate the people behind the profession. The leaders, mentors, changemakers, and professionals whose stories inspire us every day.

While much of our profession focuses on what we do, Paralegal Life® is dedicated to who we are. Through stories of career, home, wellness, and personal growth, we hope to connect, inspire, and celebrate the lives we build beyond the title.

Thank you for joining us for our very first issue.

Julie Enez,
Publisher



“Paralegal Life® was created to celebrate not just what we do, but who we are."

— Julie Enez

MEET THE EDITOR-IN-CHIEF

A Pennsylvania attorney, appellate writer, and founder of Sullivan Legal Writing Services, Matt Sullivan brings a passion for storytelling and thoughtful communication to Paralegal Life® Magazine. As Editor-in-Chief, he helps shape a publication dedicated to celebrating the people, experiences, and stories behind the legal profession.



Matt Sullivan

Editor-in-Chief



THE LIFE BEHIND THE TITLE

A title tells us what someone does.
A story tells us who they are.

At Paralegal Life® Magazine, we believe the most meaningful stories are found beyond the résumé, beyond the business card, and beyond the title itself.

Every professional journey is shaped by experiences, relationships, challenges, passions, and moments of growth.

Behind every accomplishment is a story. Behind every leader is a lesson. And behind every profession is a life being lived.

That's why the pages of this magazine will explore more than careers. We celebrate the people behind them. From leadership and professional achievement to home, wellness, family, community, and personal growth, we believe these experiences deserve to be shared and preserved.

Whether it's an Army paralegal who became a general counsel, a mentor investing in the next generation, a trial strategist uncovering the power of storytelling, or a professional creating balance through family and service, every journey offers something worth learning from.

Because the most interesting thing about a title isn't what it says. It's the life behind it.

"A title tells us what someone does. A story reveals who they are."

— Paralegal Life® Magazine





We're not telling the story of the profession. We're telling the stories of the people who make it extraordinary.



5 THINGS I'M LOVING RIGHT NOW

Small Joys for a Well-Lived Life

BY JULIE ENEZ

Life is built in the quiet moments between major milestones.

This season, we're celebrating a few simple favorites that inspire balance, creativity, and everyday enjoyment.



Beautiful Paper Planners

In an increasingly digital world, there is something satisfying about writing appointments, goals, and ideas by hand. A quality planner brings intentionality to each day and creates space to think beyond notifications and screens.



Morning Walks

Before emails begin arriving and responsibilities compete for attention, a short walk creates clarity. Fresh air and movement remain two of the simplest ways to start the day with focus and perspective.



Seasonal Candles

The scents of autumn and winter have a remarkable ability to transform a home. Warm spices, evergreen branches, and vanilla notes help establish a sense of comfort as the seasons change.



Hardcover Books

There is still nothing quite like holding a beautiful book in your hands. Whether it's historical fiction, leadership, design, or biography, reading remains one of the most valuable investments we can make in ourselves.



Fresh Flowers Every Week

A small bouquet on a kitchen counter, bedside table, or desk instantly elevates a room. It is a simple reminder that beauty belongs in everyday life, not just special occasions.



LISA LANG

FROM ARMY PARALEGAL TO GENERAL COUNSEL



Every profession has leaders.

But the most inspiring leaders are rarely those who take the easiest path. They are the individuals who embrace challenges, continue learning long after others have stopped, and quietly invest in the success of those around them.

Lisa K. Lang is one of those leaders.

Today, Lisa serves as Vice President and General Counsel at Ohio Northern University, where she advises university leadership on complex legal and strategic matters, oversees compliance and risk management initiatives, and teaches future

LISA LANG

attorneys as an adjunct professor. She is widely respected for her work in legal ethics, leadership, and professional development, and for her commitment to helping others grow throughout their careers.

Yet her story did not begin in a boardroom.

It began with service to our country.

Long before earning a law degree, Lisa Lang served in the United States Army as a legal specialist and non-commissioned officer. As a Sergeant with the 18th Military Police Brigade, she deployed to Bosnia-Herzegovina, supporting military legal operations for more than 1,100 soldiers. Later, as a Staff Sergeant at Fort Knox, Kentucky, she provided legal support to commanders responsible for more than 5,000 soldiers while training and mentoring legal personnel across the brigade.

The experience demanded adaptability, discipline, and the ability to lead under pressure. It also taught a lesson that would follow her throughout her career: leadership is defined by responsibility, not authority.

When Lisa transitioned to civilian life, she entered another chapter familiar to many readers of Paralegal Life Magazine.

She became a paralegal.



For six years, she worked as a senior litigation paralegal while pursuing her education at night. Her days were filled with discovery requests, case preparation, client matters, and courtroom deadlines.

Evenings were spent studying, writing papers, and steadily working toward a future that often seemed just beyond reach.

There were no shortcuts.

Only commitment.

Looking back, those years reveal something important about Lang's journey. Her success was never the result of a single opportunity or defining moment. It was the product of consistency. While others might have

LISA LANG

viewed their current role as the finish line, Lisa Lang viewed each step as preparation for the next.

That mindset carried her through law school and into private practice, where she focused on litigation and insurance defense. Yet she soon discovered that the work she found most meaningful was connected to something larger than legal outcomes alone.

She was drawn to servicing others.

Over the following years, Lisa accepted a series of leadership positions across Kentucky's public sector and higher education communities. Whether serving in the Office of the Attorney General, supporting the Kentucky Department of Education, advising the Education Professional Standards Board, or leading legal affairs at Kentucky State University, she developed a reputation for combining legal expertise with practical judgment and a deep understanding of organizational mission.

Each position added another layer to her perspective.

Each challenge expanded her leadership capacity.

Each opportunity reinforced her belief that the law is ultimately about people.

That belief led her to Ohio Northern University, where she now serves as Vice President and General Counsel. In that role, she helps guide decisions that affect students, faculty, staff, and the broader university community. Her responsibilities span legal affairs, institutional strategy, governance, compliance, and risk management, requiring both legal knowledge and a clear understanding of the university's educational mission.

It is work that reflects many of the values she first learned in military service: prepare thoroughly, think strategically, and never lose sight of the people who depend on your leadership.

Outside the university, Lisa has become a respected voice within the legal profession through her Why This, Not That™ platform, national speaking engagements, webinars, and professional publications. Her work encourages legal professionals to move beyond technical proficiency and develop the judgment, communication skills, and leadership abilities necessary to become trusted advisors.

But perhaps the most meaningful thread running through her career is mentorship.

Throughout every stage of her professional journey, Lisa has invested in the success of others. She has mentored students, supported emerging attorneys, and encouraged legal professionals to pursue opportunities they may not have thought possible for themselves.

LISA LANG

She understands something many accomplished leaders learn over time: success becomes more meaningful when it is shared. And that may be the true story behind the title.

Yes, Lisa Lang became a lawyer.

Yes, she became a General Counsel.

Yes, she rose to executive leadership within higher education.

But the deeper story is one of service, perseverance, and continuous growth. It is the story of a soldier who became a paralegal, a paralegal who became an attorney, and an attorney who never stopped learning, leading, and helping others find their own path forward.

As Paralegal Life Magazine launches its inaugural issue, we celebrate Lisa Lang not only for her accomplishments, but for what her journey represents.

A belief that service matters.

A belief that leadership is earned.

And a belief that no matter where a career begins, extraordinary things can happen when purpose lights the way forward.

Because behind every title is a story. And some stories are worth preserving.



Paralegal Life® 100

The Inaugural Class of 2026

Selected through peer nominations submitted to Paralegal Life®, these honorees represent leadership, service, innovation, mentorship, and dedication within the legal community.



The Paralegal Life® 100 will be presented annually to recognize those whose contributions continue to strengthen the legal profession.

Paralegal Life® 100

Congratulations to the inaugural class of the Paralegal Life® 100.

Thank you for the leadership, service, and professionalism you bring to the legal community every day.

Adrienne D. Berry, ACP
Albany McNay, MBA
Alicia Aquino
Alisha Thompson, Sr. Paralegal
Amanda Gatto
Andi Elmore, CP
Andrew McCollum
Angela Sumner Hopkins
Anise Butler, ACP
Ann Christman, CP
Ann Pearson
Anne Barnette
Anthony Castro

Blanca Hernandez, MPS, ACP
Brandi Turchi, CP, ACP
Brittany Posadas, MBA TBLS-BCP

Carla Griffith
Carla Jaramillo
Cathy Killebrew, ACP, ILAP
Cesar Tamandong
Christin Chicas, ACP

Cindy McGinnis, ACP
Crystal Kyllo
Christina Johnson
Deboarah Aguilar
Daniela Harris Kennedy
Deann Croce
Donna C. Long
Doug Kuhn, CP
Eda Rosa
Edward Thomas, SPHR, PHR, PMP
Elizabeth Dear, NJCP, Pa.C.P.
Emily Quackenbush
Elizabeth Gowens, ACP
Erica Baldwin, MBA
Eva Merrell, MBA, ACP
Evangelina Myers, JD, MBA

Giselle Castro
Guillermo Roque

Hannah Gilbert
Hannah G. Mancini, Pa.C.P.
Heather Rodriguez
Helen Velenzuela
Holly Mitchell, CLP

Jaclyn Foster
Janet Betancourt, ACP, FRP
Jenna M. Prosceno
Jennifer G. Stover-Jordan
Jessica Delgado, ACP
Jennifer Diminich, ACP, FRP
Jennifer B. Davis, ACP, FRP
Jonathan Dang. MSL
Juanita Griffiths, CP
Jill Hanke
Julie May, ACP
Julie Oswald

Karen Oswald
Kevin Campbell
Kelly Williamson

LaDonna Brown
Laura Reaves, ACP
Leanne Michels, CAP-OM
Lily Korpman
Lisa Hite, CP
Lisa Theall
Luigi Giovanni Guereca
Lori Gonzalez
Lori Swanson, ACP
Lori Wagner, RP, IRP
Marion Rodgers, FRP, ACP
Matthew Ashby
Meredith Foster, ACP
Misty Murray
Monica Harris, ACP, TBLS-BCP

Natalie Athas
Natalie Freitas
Peonca Grier MSM, HR, SHRM, CP

Rayann Knepley, IRP
Renee McCaslin
Robin Edenfield, CP
Robyn Evans, ACP, CAS
Robert Kostrzewa, BS, MBA

Sabrina Hallsten
Samantha Beaver
Sarah White, ACP
Sarah Stultz, ILAP
Scot Brown
Shawn Shipp
Stephen Cruzado
Susan Long, CPF, NCG
Susanne Reynolds

Tammy Lynn, ACP, VARP
Teresa Garza
Terri R. Walters, CCP, ACP
Tina M. Johnson, RP, MnCP
Todd Frankel
Tony Sipp
Tracy Margolis McCullough
Yina Ramirez


PERSPECTIVE
EVERY DAY
IDEAS
STRATEGY
STORYTELLING
IMPACT
Broadway
Station
B D F M

THE DATA WHISPERER

WHERE RESEARCH MEETS STORYTELLING

By Shari Belitz

The best trial themes don't begin with creativity.

They begin with data.

For years, trial themes were often developed through instinct, experience, and educated guesswork. Today, one of the most exciting developments in trial strategy is the ability to test themes, narratives, and case stories through large-scale research studies before a jury ever enters the courtroom.

By gathering feedback from hundreds of participants, these studies reveal something remarkably valuable: not what attorneys hope people hear, but what people actually hear.

That's where breakthroughs happen.

Time and again, research uncovers themes that might otherwise be overlooked. A phrase gains traction. A narrative resonates across different viewpoints. A story emerges that is more persuasive, more memorable, and more authentic than the one originally envisioned.

The process is equal parts science and storytelling.

The data provides the roadmap. The story gives it life.

What I love most about this work is that it challenges assumptions. It replaces certainty with curiosity and invites us to listen more closely to how people think, process information, and make decisions.

Because the strongest themes aren't always the cleverest.

They're the ones that connect.

And when the data consistently points toward a powerful idea, something extraordinary happens.

The whisper becomes impossible to ignore. The data whispers.

The theme screams.



ABOUT SHARI BELITZ

BY JULIE ENEZ
PHOTOGRAPHY BY SHARI BELITZ



"The data may whisper, but the right theme will scream."

— Shari Belitz

Shari Belitz is a nationally recognized jury consultant, trial strategist, and founder of Shari Belitz Communications, LLC. Known for combining data, psychology, and storytelling, Shari helps trial teams uncover the themes and narratives that resonate most with jurors. Through large-scale jury research, focus groups, and litigation consulting, she helps transform complex information into compelling stories that people remember.

To learn more about Shari's work, visit www.sharibelitz.com or connect with her on LinkedIn.

MELANIE LIPPMAN

Helping legal professionals look as confident as they feel.



WEAR THIS, NOT THAT: LAW FIRM EDITION



STYLE SPOTLIGHT

MELANIE LIPPMAN: DRESSING FOR THE LEADER YOU'RE BECOMING

When it comes to professional style, Melanie Lippman, founder of Amplify Image Consultancy, encourages professionals to think beyond clothing and focus on something more important: presence. Her work centers on helping attorneys, executives, and high-achieving professionals align their image with their expertise, leadership goals, and personal brand.

According to Melanie, professional style isn't about following trends or buying clothes with expensive labels. It's about ensuring that the way you present yourself supports the level of leadership and credibility you've worked hard to achieve.

Wear This

- Clothing that fits well and feels comfortable
- Structured pieces that communicate confidence and professionalism
- A consistent, polished look that reflects your personal brand
- Quality basics that can be mixed and matched
- Colors and silhouettes that make you feel confident and authentic
- Accessories that complement rather than distract

"High performers are often underrecognized because their external presence doesn't fully communicate their capability," Melanie notes.

Her approach helps professionals ensure their image reflects their value.

Not That

- Clothing that requires constant adjusting
- Outfits that leave you feeling self-conscious
- Trends that don't align with your professional identity
- Pieces that create confusion about how you want to be perceived
- Dressing to blend in when you're ready to stand out



Melanie's Style Rule

Dress for the level you're stepping into, not just the role you hold today.

Melanie believes image influences trust, visibility, executive presence, and professional opportunity. When your appearance aligns with your ambitions, you spend less energy worrying about how you're perceived and more energy focused on performing at your best.

ABOUT MELANIE LIPPMAN

BY JULIE ENEZ
PHOTOGRAPHY BY MELANIE LIPPMAN



"The way you show up is either reinforcing your authority or diminishing it. Your image should reflect the level of leadership you're stepping into."

— Melanie Lippman

Melanie Lippman is the founder of Amplify Image Consultancy, where she helps attorneys, executives, and legal professionals strengthen their executive presence, personal brand, and professional image.

Learn more at www.melanielippman.com or connect with Melanie on LinkedIn and Instagram.

Paralegal Life® thanks Melanie for sharing her expertise on professional image and executive presence.



WELLNESS

THE QUIET ART OF TAKING CARE OF YOURSELF

BY JULIE ENEZ

"Wellness isn't about becoming someone new. It's about returning to the parts of yourself that matter most."



WELLNESS

There was a time when wellness seemed simple.

A walk after dinner. A good night's sleep. A weekend spent with family. A favorite book waiting on the bedside table.

Today, wellness often feels much more complicated.

We are surrounded by advice. New routines promise greater productivity. Apps track every step, every hour of sleep, and every moment of activity. Social media feeds are filled with morning rituals, fitness goals, and carefully curated versions of what a well-balanced life is supposed to look like.

Yet for many professionals, especially those whose careers require constant focus and responsibility, wellness can begin to feel like another obligation rather than a source of renewal.

Perhaps that is because we have misunderstood what wellness was meant to be.

The healthiest lives are not necessarily the most optimized. They are often the most intentional.

Wellness is rarely found in dramatic transformations. More often, it appears in small decisions repeated over time. It is choosing to step outside for a few moments of fresh air between meetings. It is protecting an evening from unnecessary commitments. It is making space for hobbies, friendships, and conversations that have nothing to do with work.

For legal professionals, this can be especially challenging.

The culture of achievement encourages us to keep moving. There is always another project, another email, another responsibility waiting for our attention. Ambition can be rewarding, but it can also make rest feel unproductive and balance feel elusive.

The difficulty is not that we lack discipline. It is that we often direct all of our attention toward caring for our careers while neglecting the parts of ourselves that make those careers sustainable.

A meaningful life requires both effort and restoration.

The homes we create, the traditions we maintain, and the relationships we nurture all contribute to a sense of well-being that cannot be measured by a calendar or a fitness tracker.

They remind us that success is not only about what we accomplish, but also about how we experience the life we work so hard to build.

This is particularly true as the seasons change.

Autumn invites us to slow down. Holiday traditions begin to appear on calendars.

Gatherings with family and friends become more frequent. The pace of the year naturally shifts from growth and activity toward reflection and gratitude.

There is wisdom in that rhythm.

Nature does not exist in a state of constant productivity. Periods of growth are followed by periods of rest. Seasons change, priorities evolve, and renewal becomes possible because pause exists alongside progress.

WELLNESS

The pursuit of wellness is not about perfection.

It is not about checking every box or creating an ideal routine. Instead, it is about paying attention to what restores us and giving those things a place in our lives.

A quiet morning with a cup of coffee.
An evening walk through the neighborhood.

A favorite meal shared with people we love.

A book that reminds us to look beyond ourselves.

At first glance, these moments may seem ordinary. Yet they are often the very experiences that sustain us during difficult seasons and enrich us during joyful ones.

In the end, wellness is less about becoming someone new and more about returning to what matters most.

It is the practice of creating a life that feels as good on the inside as it appears on paper.

And perhaps that is the kind of success worth pursuing.



Editor's Reflection

At Paralegal Life®, we believe wellness isn't a destination. It's a way of living. It's found in the choices that help us reconnect with ourselves, our families, and the experiences that give life meaning. Because beyond every profession is a person, and that person deserves to thrive.

SEASONAL LIVING

A Thanksgiving Tree? Why More Families Are Decorating Earlier



SEASONAL LIVING

For years, the Christmas season seemed to arrive immediately after Thanksgiving. Today, many families are embracing a different approach: bringing out the tree early and transforming it into a symbol of gratitude before it becomes a Christmas tree.

The idea is simple.



BY JULIE ENEZ

SEASONAL LIVING

As Thanksgiving approaches, family members write down the people, experiences, accomplishments, and blessings they are most grateful for throughout the year. Each note is added to the tree, creating a visual reminder of what matters most.

By Thanksgiving Day, the tree has become more than a decoration. It has become a collection of memories.

After the holiday, the transition to Christmas is effortless. Seasonal ornaments, ribbons, and lights are added while the gratitude notes remain tucked among the branches as a reminder of the season's deeper meaning.
For busy professionals, this tradition offers something especially valuable—an opportunity to pause.

Running from one obligation to the next, is easy, particularly during the final months of the year. Taking time to reflect on what we're thankful for helps shift the focus away from shopping lists and deadlines and back toward people, relationships, and experiences.
An early tree also has another unexpected benefit.

The holidays simply feel longer.

Instead of waiting until December to enjoy the decorations, families have several extra weeks to appreciate the warmth and comfort they bring to a home.

Whether your tree is covered in handwritten notes, family photos, treasured ornaments, or all three, the goal is connection, not perfection.

Because long after the decorations are packed away, it's often the moments we shared and the things we were grateful for that we remember most.

This year, consider allowing your Christmas tree to tell the story of your gratitude before it tells the story of Christmas.



Paralegal Life® Tip: Place a small basket and note cards near your Thanksgiving Tree and invite family and guests to add something they're grateful for.

By Christmas, you'll have a beautiful reminder of the year you've shared together.

SEASONAL LIVING

TRADITIONS THAT BRING US HOME

BY JULIE ENEZ

"The greatest Christmas traditions aren't measured by how elaborate they are, but by the memories they create."



The Gift of Tradition

The true magic of the season isn't found under the tree. It's found in the people gathered around it. — Paralegal Life® Magazine



SEASONAL LIVING

As the year draws to a close, the holiday season offers something many of us seldom give ourselves: permission to slow down.

Between Thanksgiving and New Year's Eve, it's easy to become focused on shopping lists, travel plans, holiday events, and year-end responsibilities. Yet when we look back on past Christmas seasons, the memories that stay with us are rarely the busiest ones.

Instead, we remember the traditions.

The evening spent decorating the Christmas tree. The family recipe prepared year after year. The gathering around the dinner table. The holiday movie everyone can quote by heart. The quiet moments shared with family and friends that remind us what matters most.

Traditions have a way of anchoring us. They connect generations, create a sense of belonging, and give us an opportunity to step away from the demands of everyday life and simply be present with the people we love. In many ways, the holiday season serves as a bridge between gratitude and hope.

Thanksgiving encourages us to reflect on the blessings of the past year, while the New Year invites us to consider the possibilities of the year ahead. Christmas sits beautifully in between, offering a season of connection, celebration, and reflection.

Perhaps that's why traditions matter so much. They invite us to pause long enough to appreciate where we've been before turning our attention to what's next.

As you gather with family and friends this season, consider creating space for reflection. Share favorite memories from the past year.

Talk about moments of gratitude. Celebrate accomplishments, growth, and the people who made a difference along the way.



Because before we welcome a new year, it's worth taking a moment to appreciate the one we're leaving behind.

And long after the decorations are packed away and the calendar turns to January, it is often those moments of togetherness, gratitude, and tradition that remain our greatest gifts.

FOUNDING PARTNER SPOTLIGHT

BEYOND PARALEGALS®

Beyond Paralegals® has spent more than two decades advancing the legal profession through innovation, leadership, and a commitment to excellence. As a trusted partner to legal teams across the country, the organization has helped shape how complex legal work is organized, managed, and executed while championing the professionals behind the work. As the founding force behind Paralegal Life® Magazine, Beyond Paralegals® is proud to support a publication dedicated to celebrating the achievements, contributions, and future of the paralegal profession.

FOUNDING PARTNER SPOTLIGHT

THE LEGAL GUILDHOUSE™

The Legal Guildhouse™ is a professional home for paralegals, legal assistants, and legal support professionals. Inspired by the traditions of historic guilds, it brings together individuals committed to excellence, lifelong learning, and the advancement of the profession. Through community, mentorship, professional development, and the Path to Mastery, the Guildhouse creates opportunities for members to learn, connect, and grow throughout their careers. As a founding partner of Paralegal Life® Magazine, The Legal Guildhouse™ is proud to support a publication dedicated to elevating the voices, achievements, and future of the legal support profession.

UNTIL NEXT TIME

As we close the pages of our inaugural issue, thank you for joining us on this journey. We created Paralegal Life® Magazine to celebrate the people behind the profession, the leaders, mentors, innovators, advocates, and everyday professionals whose stories remind us that a career is only one chapter of a life well lived. As the year comes to a close, we hope you find time to slow down, cherish the people you love, reflect on how far you've come, and look ahead with renewed purpose. Thank you for allowing us to share these stories with you. See you in 2027.

— Paralegal Life® Magazine

THE LAST WORD

BEYOND THE TITLE

BY JULIE ENEZ

"Long after the title has changed, it is the life behind it that people remember."

