



**LOVING DUE DILIGENCE;**  
**Dating as a Lawyer**

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**Arguably, dating can be a confusing** and often complex journey for anyone. However, for those in the legal profession it comes with a rather unique set of considerations and complications. The work that lawyers do, and the numerous hours spent in perfecting their craft poses a difficulty in finding and maintaining a romantic relationship. The difficulty is further compounded by the occasional banter of “wakili a quick one” and the misplaced perception of “oh you’re a lawyer. So, you lie for a living” on just about every first date.

In this article, we will explore some of the struggles that lawyers are exposed to in matters dating. Additionally, we will offer some advice on how to achieve the elusive balance between the demanding legal career and your love life without saying “it depends.”

## **TIME MANAGEMENT**

Picture this. It is 4PM on a Friday. You have a movie date at 7PM with the fourth love of your life this year. You have been thinking about this evening since Monday and have been working overtime the entire week to clear your desk so there are no surprises. The agreement that was deemed “urgent” by your senior (who probably forgot to do it two weeks ago, but it is what it is) is pretty much complete. Then your phone starts ring. It is one of the partners. He wants you to stay late for a meeting on a matter that you know nothing about

Deep down, you want to say no but you really can’t (he is the boss after all, a ticket to your livelihood) and just like that the decision is made. You cancel the movie date with your significant other (who is not your significant other) and who thinks you are flaky as it is the third time this has happened. Does this sound like a familiar story?

Lawyering can be a draining venture long working hours that run into the night and tight deadlines. Trying to balance one's love life and the demands of the profession can be a tall order.

Nonetheless, effective time management is key. It is essential to prioritize your personal life just as you would the written submissions that are due next Monday.

As a young lawyer it is imperative to remember that you have a life to live, and the profession is your job (unless legal practice is one true love in which case you should be fine without this armchair therapy). Normalize communicating to your seniors that you have engagements outside of your work life that demand your time; while making it clear that you will offer your support on the pending matters as and when it is practicable.

## STRESS MANAGEMENT

We all have bad days at the office and when this is coupled with the seemingly infinite pit of stress that legal work has, that stress could easily spill over into your personal life. As such, it is essential for lawyers to find healthy ways to manage stress as it stands the risk of negatively impacting their relationships.

Lawyers are notorious for their love for “sherehe.” It offers an easy escape from the hectic work life that has become a permanent feature of our lives. However, “sherehe” cannot be the be-all and end-all of a young lawyer's stress management tactics, as it takes away the precious time that could otherwise be spent in building a relationship with a partner.

Engaging in other stress-relief activities such as regular exercise, meditation, and hobbies can help alleviate the pressure exerted on your mental and emotional well-being; thus, reducing the odds of you snapping at or ghosting your partner simply because “they don't get it.” Alternatively, you could keep dating your fellow lawyers, but we all know how that usually goes.

## CONCLUSION

Dating as a lawyer comes with a host of challenges but it is entirely possible to strike a balance between having a fulfilling romantic life and a demanding legal career. Effective time and stress management are just the stepping stones to finding this balance as they go a long way in enabling lawyers to explore their love lives while continuing to excel in this prestigious profession.