

Education: JD, New York Law School

Company Name: Cohen Ziffer
Frenchman & McKenna LLP

Industry: Law

Company CEO: Robin Cohen, Chair

Company Headquarters Location:
New York, NY

Number of Employees: 33

Words you live by: It's not either/or –
it's both; and kindness costs nothing.

Personal Philosophy: The ego forces,
the soul flows.

What book are you reading?
All Fours by Miranda July

What was your first job? Lifeguard

Favorite charity:
Indigenous Climate Action

Interests: Running, swimming, yoga,
traveling, piano

Family: Married with a dog



Overcoming a disease taught her how to become resilient as a lawyer and a leader

In my early twenties, I faced a challenge that changed my life and how I think about resilience and leadership. I had just moved to New York City to start law school when I woke up one morning unable to walk. After several misdiagnoses and emergency care, I learned I had deep vein thrombosis (DVT), a condition I never expected and knew nothing about. In an instant, a favorite part of my daily life—running—was off-limits. My deep love of movement suddenly carried real and evolving risks.

The months (and years) that followed were difficult. I learned to navigate a body that felt unpredictable and was restricted, even if not obviously so. My gradual return to activity was slow, and setbacks were common. Relearning to walk, then run, step by step, taught me that persistence matters more than speed. Each small milestone became a reminder that recovery (and success) is a process, not an instant fix.

This medical experience deeply shaped my approach to leadership. It taught me the value of patience and the importance of celebrating progress, even when small. I realized that leading others requires listening, patience, and flexibility—the same skills I used to manage my own health. I learned the value in supporting others through setbacks, without judgment, and I've developed a keen ability to spot talent for resilience and commitment. My experience with DVT has also deepened my commitment to leadership that shows up for more than just the big wins.

Overcoming DVT and relearning to run was not just about regaining my physical ability; it was about cultivating focus and perseverance. Today, each run is a reminder of the resilience we all carry when facing challenges, and of how personal trials can shape our capacity to guide and inspire each other toward our best selves.