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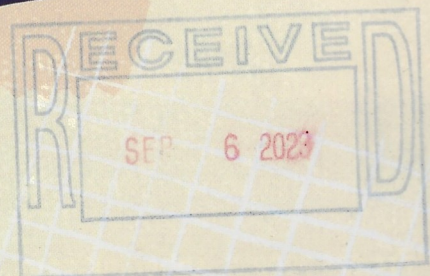
# Illinois Bar Journal

## Saving Face in Cyberspace

How solo and small firms can protect their cyber assets, and much more.

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# Being the Best You Can Be

**A life coach can change your life.**

*"Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching and the greatest things can happen."*

—Pete Carroll, NFL football coach

**THE CAT IS OUT OF THE BAG.** The silliness of that statement rings true to me as I type it, but the truth is that I recently revealed to a reporter that I rely heavily on a life coach. There is a part of me that hoped my turning to a coach would be my secret and only my benefit. The truth is that in opening up about my experience, perhaps my fellow ISBA members will reap the rewards I have found in adding this tool to my life.

My coach has helped me develop, foster, implement, and incorporate insights, solutions, and strategies that have enhanced my life. As I look back, I can see that she seems to blend her skills of listening, asking powerful questions, and sharing insights with what I can only call intuition in helping me develop my own insights, solutions, and strategies.

One of the most important skills my coach has helped me discover and develop is to identify my self-limiting beliefs so that they don't control me. I was "last year's old" before I actually had the insight to see and hear an inner voice that, at times, kept me "playing small" and away from my dreams and fullest potential. I began to recognize how this defense mechanism felt protective but in reality was limiting my choices, joy, and ability to live my fullest dreams.


What I discovered is that my coach taught me how to identify the personal and professional values that make me ... me. Listing these identifying qualities required me to sit down and think through what is truly important to me. This process felt

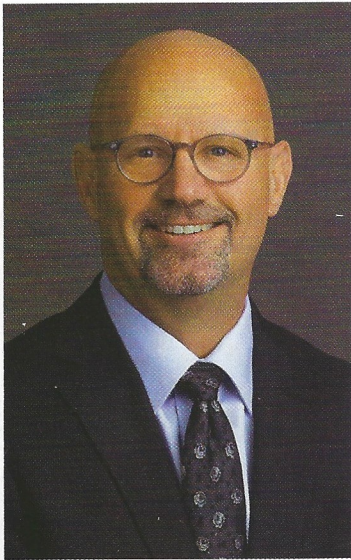
awkward at first, but eventually became more natural as I allowed myself to slow down and focus on what I truly value. The result? A list of focused values that reflect who Shawn Kasserman truly is ... or hopes to be.

After reflecting on the qualities that I identified as important, I took a hard look at all of the roles I live in life. A husband and father, advocate, leader, friend, and an individual—to list a few. With the help of my coach and lots of hard work, I have learned to be better at living my life in accordance with what I truly feel is important, and spend less time being driven by other people's agendas, emergencies, and even my own fears.

Perhaps the most surprising lesson that I have learned during my time with my coach is the importance of being vulnerable—the willingness and ability to truly be honest with myself and others about what I feel, see, think, and want. Vulnerability was something I shunned in the past as a sign of weakness. What I learned is that in embracing my own vulnerability I am better able to identify my honest feelings, communicate more effectively, and actually foster a closeness and trust that enhance life for me and those around me. Writing this message is an attempt by your ISBA president to show vulnerability. My hope is that this honest sharing of my experience will benefit all those members who took the time to read this column.

There are many forms of coaching, from professional relationships to fostering a regular meeting with a mentor. I urge you to find what works for you, and if I can help you get to the right person, I would be delighted to share more of my experiences with you.

Have a great month! 



▶▶ PERHAPS THE MOST SURPRISING LESSON THAT I HAVE LEARNED DURING MY TIME WITH MY COACH IS THE IMPORTANCE OF BEING VULNERABLE. THE WILLINGNESS AND ABILITY TO TRULY BE HONEST WITH MYSELF AND OTHERS ABOUT WHAT I FEEL, SEE, THINK, AND WANT.