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Karen McCay Provides Workload Management Advice at California Conference for Women

Spencer Fane partner Karen McCay led the Workload Overload and Setting Boundaries presentation at the California Conference for Women on February 12 in San Jose.

In her session, Karen provided practical strategies for regaining control of work-life balance and outlined essential first steps such as: identifying how time is spent, assessing the motivations behind those choices, and evaluating whether those activities truly align with personal and professional goals. Participants gained actionable insights on effective delegation, letting go of unnecessary obligations, and seeking support from peers or mentors for a fresh perspective. The presentation also explored how to establish ownership over one's time and priorities.

The California Conference for Women is an annual nonprofit, nonpartisan event that gathers approximately 5,500 professionals across all industries, levels, and backgrounds to provide practical advice and inspiration to accelerate career and personal development. Spencer Fane partner Jen Coleman also spoke at this year's event in addition to coordinating the firm's Patron-level sponsorship.

At the firm, Karen serves as Office Managing Partner for the San Jose and Santa Monica offices. She also maintains a robust practice representing the multifamily housing industry, focusing on operational issues, regulatory compliance, and fair housing.