SELF-CONFIDENCE *and* RESPONSIBILITY

We talked about the stress FACTOR *and the* SECRETS *of* LOOKING GOOD *in a* BUSY PACE *with arbitration* LAWYERS, *some of whom are also* BUSINESS OWNERS, MOTHERS, ENTREPRENEURS, WIVES *and many other* ROLES.

Could you briefly introduce yourself to us?
Ayse Selin Arar: I am a qualified lawyer with a Bachelor of Laws from Istanbul and a Master of Laws from the United States. I hold credentials to practice law in both Turkey and New York. Currently, I live in London and work as an in-house lawyer at a global investment banking firm, specializing in global markets.
Sarah Malik: I am a mother, a business owner, Counsel, an entrepreneur, thought leader, and international speaker. I travel the world, speak on world stages and litigate and arbitrate multijurisdictional matters whilst I run a law firm, a property portfolio, and a consultancy business. I also enjoy working out and travelling,
Sevdanur Arslan: I am the founding and managing attorney of Arslan & Partners law and consultancy firm. In our office, which generally provides company consultancy, we also provide advocacy and consultancy services to our clients in the fields of arbitration and contract law. I completed my undergraduate education at Ankara Yıldırım Beyazıt University Faculty of Law and my graduate education at TOBB ETÜ Private Law Master's Thesis Program. I wrote my thesis on "Escrow Contract"; My team and I are excitedly waiting for the first edition to be published as a book.
Serra Unsal Aksakal: After graduating from Istanbul University Faculty of Law, I started my internship in one of Turkey's leading maritime law firms to pursue my dream job as a maritime law lawyer, and after 13 years, I had a working life that extended to partnership. Afterwards, my roommate, whom I trust very much and whose work I follow with admiration, decided to fly with our own wings. In 2012, we joined the office of our close friends and laid the foundations of our current law firm. We have come to this day by keeping keeping up with the increasing and changing needs of our clients and increasing our work area and number of employees on the way to becoming an international law firm.
Could you tell us a little about your style? What kind of clothes do you prefer, especially in business life?

Serra Unsal Aksakal

ASA: I feel most comfortable in tailored, high-waisted trousers during winter and below-the-knee shirt dresses during summer. A silk shirt paired with tailored trousers and a chic belt boosts my confidence throughout the day. I generally opt for comfortable yet elegant and timeless pieces, which can be a bit challenging to find, but once you do, they are a great long-term investment.
SUA: Light-coloured jackets with original buttons and thinly flowy blouses are indispensable. I stay away from mixed patterned suits. I think single-coloured and clean-cut suits have a more confident atmosphere. Since the focus is on the face during contract or settlement negotiations, I believe that its bright appearance gives a positive message and I use medium-sized earrings. I like colorful scarves in serious meetings, openings and ceremonies, I think they add nobility.
SM: Indispensable fashion pieces in my busy life always include the right accessories. The right pair of shoes are usually nude-coloured short kitten heels and a belt from Louis Vuitton or YSL and the right bag always sets the correct tone whether in the office or not. I am a firm believer that even if high street fashion is worn, the correct accessories accentuate the outfit and are essential in my wardrobe, I have many accessories for all outfits. My staple go-to is always a blazer which smartens any outfit and I like monotone colours in most clothing.
SA: When our clients apply to us to solve their legal problems, their biggest expectation is that we are comfortable and confident. In order to reflect this attitude to the other person,
Feeling comfortable and self-confidence is very important. Clothes have a great support in this. My high heels, especially stilettos, are indispensable for me!
What do you do to stay calm and serene in your high-stress profession?
A.S.A: I tend to perform better under stress as it helps me stay focused and diligent. Managing stress was challenging at the start of my career, but it became easier with experience. It's crucial to work in a positive environment with supportive

Sarah Malik

colleageus. I also stay active through regular exercise and keep my weekly schedule organized. Waking up early gives me a few extra hours to myself in the morning, which is beneficial.

SM: Overtime, we learn that while stress is part of everyday life, everything can be solved. I am very solution-oriented and do not focus on the problem, I focus on a solution. If I am in a position of stress, it is usually because many deadlines need to be met simultaneously as well as dealing with my private life and a lot of demand on my time. in that case, I prioritize what is more essential and ensure it is finished. However, I am a firm believer that there is a solution for everything and once we start thinking differently, we do not let stress take over. Working out helps relieve stress and I think it is important that any busy professional takes the time for exercise and mental well-being.

Sevdanur Arslan

We all must set boundaries and try and stick by them as much as possible if we strive for balance in our personal lives.

SUA: Being a lawyer is about taking responsibility and even the responsibility of others. It is essential that you be there for your client when he needs it, and your client needs to be able to rely on that. First of all, I try to fully concentrate on the negativities I experience regarding work and consult with everyone I think can help with the solution.In this way, I have the opportunity to think out loud and my chance of coming up with solutions increases. In addition, I try to improve myself and become as informed as possible in my work in order to make healthy decisions.

SA: Since I stopped dealing with stress, it has less pressure on me, and its moderation helps me succeed. When I'm having a hard time, I always remind myself how much I love my profession, which is inherently stressful, and how I face the challenges together with my colleagues. If anyone wants an antidote for stress, I can say supporting each other with my teammates.

Finally, what advice can you give to young people who are at the beginning of their business life and take successful businesswomen like you as role models? Do you communicate with them?

ASA: I encourage young people to network extensively in their field of interest. Listening to others' perspectives and experiences can help shape your own dreams and ambitions and reveal new opportunities. Gaining work experience early is essential, not just for adding credentials to a resume, but to truly understand if their chosen career path suits them. If anyone is interested in pursuing a career in law, especially in London, I'd be happy to chat and offer guidance.

SM: My advice to all young people is to pursue whatever their passion and dream is and notto listen to those who say it cannot be done. You just have to work longer and harder than those who say they can't or they won't. If you have a real passion for something you can make that happen, but you have to put in the hours, the sacrifice, and the work. I am available through LinkedIn and Instagram.

SUA: First of all, they must accept that being a lawyer is not just a job but a way of life; It is necessary to work hard and keep work concentration high. The knowledge gained at a young age is important. In this way, it becomes easier to make decisions on their own, without needing others. It is important to work in as wide a field as possible in the first years of your career; In parallel, experience improves and when you reach a position where you decide what you want, the chance of making the right choice increases.

SA: It is very important not to get away from dreams. A dream board and to-do list should be created according to where they want to see themselves in the profession. Our colleagues who are at the beginning of their journey can contact us via LinkedIn whenever they want. I try to answer each of them one by one, because I also learn from them. We even had the opportunity to work with a few people who contacted us on this occasion, and they contribute greatly to our team.

"*Although* STRESS *is a* PART *of everyday* LIFE, *we learn that* EVERYTHING *can dissolve* WITHIN TIME. THE IMPORTANT THING *is to* FOCUS *on the* SOLUTION, *not the* PROBLEM."

Ayse Selin Arar