



## **Tracey Daniels, Hartman & Craven LLP**

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Name: Tracey Daniels

Title: Partner

Company/firm: Hartman & Craven LLP

Years with company/firm: 6

Years in field: 11

Years in real estate industry: 6.5

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How do you manage the work/life balance?

Balancing work and life is always a juggling act. For better or worse, with modern technology we have the ability to be in constant contact with work, making it even harder to know when to take a break from work and focus on life. Personally, I try and carve out bath time and bed time to spend with my son and disconnect from work. As soon as he's asleep I log back into work, but at least I feel I've had dedicated quality time as well.

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