



# Q&A

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## Personal reflections and integration

**The phrase, 'work-life balance' can feel mythical in transactional finance. How do you personally define and manage the integration of a demanding career with your personal life?**

This is my eighth year in the M&A world and, every year, I ask myself the same question: how do I make this career sustainable, knowing that my time is never entirely my own? A WhatsApp message or an email from a client can land in the next five minutes and completely reshape my day, my week, or even my month. I do not think I have the answer yet, but what I do know is that thriving in an environment where I am constantly problem-solving and having my thinking challenged is exactly the kind of work I want to do. You just have to accept that balance does not come from a tidy 9-to-5 of work and a 5-to-9 of life, because this simply isn't a 9-to-5 job. Instead, the 'life' part has to flow into your everyday: a walk around the block after lunch, thirty minutes of exercise you refuse to skip, booking that flight, concert or show you've had your eye on. Having something to look forward to, whether it's as small as a catch-up with an old friend or as big as booking a trip to climb Kilimanjaro, is very important for me. However unpredictable the deal gets, this is ultimately where the balance comes from: not from carving out equal hours, but from staying intentional about the life I am building alongside my career.

**When the deal closes and the adrenaline drops, how do you intentionally disconnect, recharge, and protect your mental wellbeing?**

Nature is my reset button – whether that's a mountain trail, the quiet of a forest, or the sea doing exactly what it always does, indifferent to whatever deal is keeping me up at night. There is clarity in standing on a trail with the whole city laid out below, or simply watching the waves roll in; it has a way of putting everything back into perspective. The contrast between the intensity of the office and the stillness of those spaces is what allows me to disconnect and recharge. The next deal will always come along, but these moments do not wait, so I make a point of not letting them pass me by.

**How has your definition of 'success' changed from when you were an ambitious graduate to who you are today?**

As the only person in my family who studied law and became an attorney, success first looked like financial freedom, something I could measure: a salary, a title, a seat at a particular table. My definition has since shifted to something I feel rather than measure, and it now looks like being a role model to women in my community, especially young women who do not yet see themselves reflected in this profession, and who need to know that a seat in this industry is possible for them too. It looks like being trusted with deals worth millions, even billions, and knowing that clients see me when they hand over that responsibility. It looks like mentoring the younger attorneys coming up behind me, taking the time to explain the 'why' behind a clause, because someone once did that for me and it changed the way I saw my own potential. It looks like being able to walk into a boardroom or logging into a Teams meeting and knowing I earned my place there. It looks like continuously progressing, not only as a corporate attorney improving her technical skills deal after deal, but also as a human being – someone who is still curious, still growing, still willing to be uncomfortable

if that is what growth requires. Success today is less about arriving somewhere and more about the person I am becoming along the way, in the boardroom and outside of it.

**What is a daily ritual, habit or boundary you protect fiercely that keeps you grounded amidst the chaos of deal flows?**

I make sure that I exercise for at least 30 minutes, non-negotiable, no matter how the day is shaping up. You need some sort of outlet amidst the chaos and expectations, something that is entirely yours and has nothing to do with a deal, a client or a deadline. That half hour is also the only part of the day where my mind is forced to slow down. I cannot check emails mid-set or mid-stride, so it becomes a kind of forced reset. It is a small boundary, but it's one I protect, because the moment I let it slide is usually the moment everything else starts to feel unmanageable. 🧘‍♀️