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MONTHLY MEMBER SPOTLIGHT

Scottsdale Professionals Collective

Meet Lindsay Benjamin, Esq. and Brook Choulet, M., M.D., the co-founders of Scottsdale Professionals Collective: a curated community of Scottsdale's best professionals. Let's get to know them a little bit better

BY RESIDENTS LINDSAY BENJAMIN & BROOK CHOULET

Beyond the law firm or private practice, how do you engage with the local community? Are there any local causes or initiatives you're particularly passionate about?

Brook: I am passionate about building connections and connecting others in our community. I truly enjoy meeting other small business owners that are providing exceptional care and professional services to our neighbors. This passion is what led to Lindsay and I to co-found Scottsdale Professionals Collective. Through building a community with like-minded professionals, we can really have a positive impact on each other by providing support and resources, while striving towards personal and professional development.

Lindsay: In addition to collaborating with other professionals as Brook discussed, I have always been extremely passionate about animal adoption and rescue. My family started People Saving Pets, a non-profit focused on funding various animal rescue groups in Arizona to help fund their rescue programs, promote spay and neuter efforts, and animal welfare needs across our state.

BALANCING ACT:

Being an attorney or physician requires a delicate balance between work and personal life. How do you both maintain that balance?

Lindsay: I continually strive to focus on work while I am at work, and then dedicate my time to my family when I am at home. Of course, that is not always possible, but having this self-imposed rule forces me to remain efficient with my time while at the office so I can present with my family as soon as I get home.

Brook: When striking a good balance between my personal and professional life, I find that I feel truly content and happy in my daily life, regardless of stressors or challenges that may arise. I am best able to maintain that balance through having a structured schedule with discrete work hours, which allows me to prioritize things that bring me joy outside of that time.

For more information on Scottsdale Professionals Collective, visit www.scottsdaleprofessionalscollective.com



Benjamin Legal: Family & Divorce Law



Choulet Wellness: Scottsdale Concierge Psychiatry & Therapy