

## Kiele Linroth Pace, Esq.

Austin Attorney Turned Mind Maven
Linkedin.com/in/kiele/ AK AUSTINKIELE.COM

Plagued by anxiety, overwhelm, burnout, imposter syndrome. Knocking it out of the park as a lawyer—winning cases, making money—but feeling like a failure on the inside.

As a litigator with over 20 years of experience and the founder of a boutique criminal defense firm, Kiele experienced it all—and ultimately found a better way. Now, she's passionate about helping others do the same.

Kiele has empowered countless lawyers to find peace of mind; navigate the law, business, and life more effectively and intuitively; and love life while building the life of their dreams.



Instructor

#### **AGENDA**

**SECTION 1: The Importance of Avoiding Burnout**. We dive into the crucial importance of **burnout** prevention in the legal profession and discuss why safeguarding your wellness is essential for your career and effectiveness as a lawver, then I'll introduce a special quest who will share some important resources available to you from the Texas Lawyers' Assistance Program.

(10 min break)

SECTION 2: Beyond the Red Zone with Marla Mattenson. Marla will introduce you to the Polyvagal Theory and neuroscience-backed strategies to shift from stress to serenity. You will learn practical exercises you can implement immediately to manage negative thoughts and emotions.

(10 min break)

SECTION 3: Mindset Mastery 101 with Kiele Linroth Pace. We explore the deeper aspects of inner and outer work. From mindfulness and self-empowerment to creative problem-solving and intuitive navigation, this session provides you with the tools to find and maintain peace of mind, clarity, and focus in both your professional and personal life.

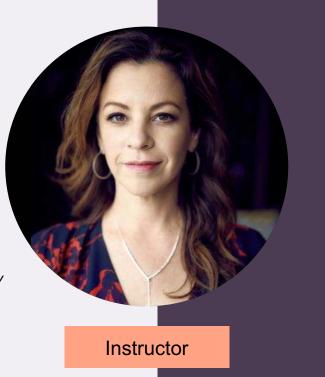
### Marla Mattenson

Founder of the Ethical Sales Institute @marla.mattenson & ETHICAL SALES INSTITUTE

Creator of the Ethical Sales Process, Marla Mattenson is an internationally-recognized speaker and expert working with thought leaders in sales, business, and love.

Using her background in neuroscience, mathematics, and relationship-based sales, Marla is building a movement of wildly successful professionals to revolutionize how business is done.

Over the course of her 20+ year career, Marla has helped thousands including Academy Award-winning actors, producers and directors, NBA players and coaches, Grammy Awardwinning artists, and visionary entrepreneurs.







Entrepreneur

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#### **SECTION 1**

# The Importance of Avoiding Burnout







Find the full text of this and thousands of other resources from leading experts in dozens of legal practice areas in the <u>UT Law CLE eLibrary (utcle.org/elibrary)</u>

Title search: Introduction: Avoiding Burnout

Also available as part of the eCourse <u>Hooked on CLE: February 2025</u>

First appeared as part of the conference materials for the 2024 First Friday Ethics (November 2024) session "Introduction: Avoiding Burnout"