

LAWYER WELLNESS 101: A Guide to Avoiding Burnout

INSTRUCTORS:

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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 lawyer, then I'll introduce a **special guest** 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
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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 Award-winning artists, and visionary entrepreneurs.



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SECTION 1

The Importance of Avoiding Burnout



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Title search: Introduction: Avoiding Burnout

Also available as part of the eCourse

[First Friday Ethics \(November 2024\)](#)

First appeared as part of the conference materials for the
2024 First Friday Ethics (November 2024) session

"Introduction: Avoiding Burnout"