

Sustainable Performance for Lawyers

Peak performance that doesn't cost you the career it built.

A keynote with **Ruth Pearce, JD, PCC** — Keynote Speaker & Coach for the Legal Profession

THE PROBLEM

The profession rewards output until it doesn't — and the people who give the most are the ones who quietly run out. Sustainable performance isn't doing less or caring less; it's performing in a way you can actually keep doing. Most lawyers were never taught the difference, so they run a career like a sprint that never ends and wonder why the tank empties.

WHAT YOU'LL LEAVE WITH

- The real difference between high performance and sustainable performance
- Where your energy actually goes — and the leaks you can't see
- Protecting judgment and focus under sustained pressure
- A personal operating standard that survives a brutal quarter

WHO IT'S FOR

Law firms • in-house teams • partners & senior associates • bar associations

FORMATS

Keynote, 45–60 min • Workshop • CLE, where accredited

WHY RUTH

A JD who burned out publicly and rebuilt, Ruth speaks from the chair, not above it — practical, evidence-informed, and unmistakably human.

JD

ICF PCC

PMP

2 Books

173,000+ Learners



Ruth on stage

Bring this talk to your firm, school, or bar association.

aleverlongenough.org · ruthpearce@allellc.org · [Book a time →](#)

A Lever Long Enough
RUTH S. PEARCE, JD