

Where Is Your Energy Going?

Why you know what would help — and still aren't doing it.

Format: Keynote · 45–60 min · CLE-eligible where applicable | also a 75–90 min breakout or half-day workshop

You know what would help — the sleep, the boundary, the workout, the “no.” You’re not doing any of it, and somewhere along the way you decided that was a discipline problem. It isn’t. Lasting change runs on the energy left **after** the adversarial stakes, the deadlines, the perfectionism, and the 11pm inbox have taken their cut — and for most lawyers, there’s almost nothing left.

This keynote answers one question — **where is your energy actually going?** — then does what most talks never do: it hands the room a usable way to redirect it. Not more discipline. A different tank. The speaker burned out publicly three times across 25 years, rebuilt, and made this her work. A recognizable, interruptible pattern — and this session shows lawyers how to interrupt it.

THE SESSION ARC

- **The question, and the leaks** — where a lawyer’s energy actually goes: the win that lands as nothing, the brief reread three times, the 11pm inbox.
- **The real problem** — why this is not weakness or willpower. The observable costs — brain fog, decision fatigue, missed details, success without satisfaction.
- **The mechanism** — the arithmetic under the exhaustion: the energy left for change is what remains after biological and threat load take their cut. For lawyers, threat load is the thief.
- **The redirect** — demonstrated live with one tool the profession overlooks: humor as a way to lower the load, whether or not you think you’re funny.
- **The closing challenge** — you don’t need to do more. You need to redirect what you’ve already got.

WHAT PARTICIPANTS LEAVE WITH

- A clear read on where their energy actually goes — and why “just do more self-care” keeps failing
- The one shift that frees the capacity change requires: redirect, don’t add
- A usable tool they can apply the same day — humor as load-reduction, not performance
- Language for what has been happening to them under sustained pressure
- One concrete commitment to do differently

WHY IT WORKS

- Personal, specific, grounded — not generic resilience advice
- The speaker has lived the pattern three times across 25 years and rebuilt from it
- Speaks to the legal culture of competence, performance, and invulnerability
- Works standalone, or as the front door to the strengths and humor sessions and the workshop
- Audiences report it as the talk they weren’t expecting to need



Ruth Pearce, JD, PCC, PMP — licensed North Carolina attorney, keynote speaker and coach for the legal profession. Two books; five LinkedIn Learning courses reaching 173,000+ learners; NSA Carolinas Speaker Award; Excellence Magazine 2025 Speaker of the Year (Ethics & Mental Health). aleverlongenough.org · ruthpearce@allellc.org

Prepared with AI assistance and refined with human judgment.