

# Where Is Your Energy Going? — The Workshop

*Character strengths and humor as tools to get your capacity back.*

**Format:** Half-day · ~3.5 hrs · interactive · CLE-eligible where applicable | **Pre-work:** participants take the free VIA Character Strengths survey and bring results

You know what would help, and you're not doing it — and you've called that a discipline problem. It isn't. Lasting change runs on the energy left after your body and your threat-response take their cut, and for a lawyer there is almost none left.

Where the keynote names the problem and demonstrates one tool, the workshop puts the **full toolkit** in participants' hands — their own strengths profile, the humor they've been overlooking, and a capacity plan they build and leave with. The difference between hearing an idea and installing a practice. The speaker burned out publicly three times across 25 years, rebuilt, and turned the pattern into a method.

## THE SESSION ARC

- **The problem** — where a lawyer's energy actually goes; why "I know what to do and I'm not doing it" is arithmetic, not weakness.
- **The mechanism** — the capacity equation, revealed as the explanation of the exhaustion they've already named. A short self-audit of their own load.
- **Strengths — the resources they don't credit** — a voyage through their own VIA results, and the shadow side: how an overused strength quietly *adds* load. Where your greatest strength becomes your biggest risk.
- **Humor — the strength hiding in plain sight** — humor as a genuine load-reducer; its real jobs and the one that backfires; and the truth that you don't need it "in spades" to use it well.
- **Integration — the capacity plan** — one threat-load reducer, one strength to use more, one to dial down, one humor practice. Built, committed, carried out the door.

## WHAT PARTICIPANTS LEAVE WITH

- Their own character-strengths profile, read for capacity — what to use more, and what they're overusing at a cost
- The strengths shadow-side map — what overuse and underuse actually look like
- A practical, personal way to use humor to lower the load, whatever their style
- A written capacity plan — concrete, theirs, and specific
- Language for what has been happening to them under sustained pressure

## WHY IT WORKS

- Experiential, not a lecture — participants work with their own data throughout
- Personal, specific, grounded — not generic resilience training
- The speaker has lived the pattern and rebuilt from it
- Speaks to the legal culture of competence, performance, and invulnerability
- Right-sized for firm retreats, law-school programs, and bar-association workshops



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