

## 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.

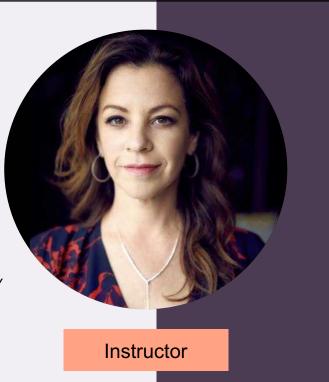
### Marla Mattenson

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



OPRAH.COM





#### **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)

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

(10 min break)

• <u>SECTION 3: Mindset Mastery 101 with Kiele Linroth Pace</u>. 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.

5

#### **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 Introduction: Avoiding TLAP

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