## LAWYER WELLNESS 101:

### A Guide to Avoiding Burnout

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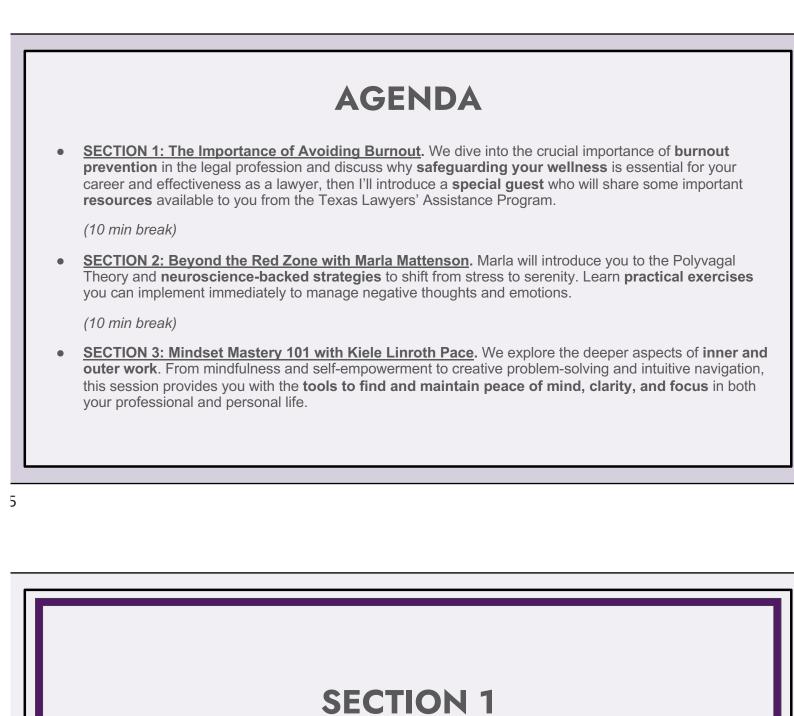
Plagued by anxiety, overwhelm, burnout, imposter syndrome. Knocking it out of the park as a lawyer—winning cases, making money—but feeling like a failure on the inside.

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







# The Importance of Avoiding Burnout

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#### Title search: Introduction: Avoiding Burnout

Also available as part of the eCourse <u>First Friday Ethics (June 2025)</u>

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