

# HOW TO ACTUALLY WIN AS A LAWYER

In the high-pressure world of law, where success is often measured by courtroom victories and billable hours, many lawyers find themselves trapped in a relentless pursuit of professional achievement at the cost of their personal well-being. The alarming rise in suicide, depression, and alcoholism rates within the legal profession reveals a stark truth: focusing solely on winning in court is not enough. Lawyers are burning out, losing touch with their purpose, and suffering severe personal consequences. The question that looms large is: how can lawyers win both in their careers and in life?

In this talk, Jeff Althaus, a seasoned attorney and advocate for lawyers' well-being, redefines what it truly means to win as a lawyer. He emphasizes the importance of achieving victory not just in the courtroom but in all areas of life. Jeff shares powerful insights and actionable strategies to help lawyers reclaim their lives, reduce stress, and achieve a fulfilling career without sacrificing their personal happiness. By challenging the conventional focus on courtroom success alone, this talk offers a new paradigm for lawyers winning

## KEY TAKEAWAYS

- **Balance Your Life and Career:** Discover practical life strategies to manage the demands of a legal career while maintaining personal well-being, preventing burnout, and reducing the risk of mental health issues.
- **Integrate Law and Life Strategy:** Learn techniques for combining life strategy with legal success, ensuring you thrive in the courtroom without sacrificing a healthy work-life balance.
- **Elevate Client Relationships:** Gain tools to improve client relationships, turning them into champions who generate more business for you, reducing bar association complaints and creating a more rewarding practice.

**“Jeff’s stage presence is nothing short of captivating. Jeff has an incredible ability to connect with people, keeping them engaged from start to finish.”**

— CJ Martin, Novus Global



# VALUE TO EVENT PLANNERS



## ENGAGING AND DYNAMIC CONTENT

Jeff delivers not just information but inspiration, ensuring your audience stays captivated and leaves with actionable insights, breaking the stereotype of the typical lawyer talk.



## RELEVANT AND IMPACTFUL

His talks are packed with real-life examples and practical strategies, making them highly relevant for today's workplace challenges, especially in leadership, culture, and employee engagement.



## INTERACTIVE EXPERIENCE

Jeff goes beyond traditional lectures by incorporating interactive elements that encourage audience participation, making the experience memorable and impactful.

# WHY CHOOSE JEFF?

Jeff Althaus breaks the mold of the typical lawyer, bringing a fresh and innovative perspective that challenges conventional legal thinking and inspires transformative change. With 13 years of experience as a practicing lawyer and a seasoned entrepreneur, Jeff shares real-world stories of success, offering practical strategies that have been proven in even the most resistant environments. His approach goes beyond theory, providing actionable insights that stem from overcoming real challenges. Jeff's calm, down-to-earth style and genuine passion for helping others make him an authentic and relatable speaker. He connects deeply with his audience, ensuring they leave feeling empowered, motivated, and ready to create meaningful change in both their personal and professional lives.



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