



Prevent Burnout. Strengthen Communication.

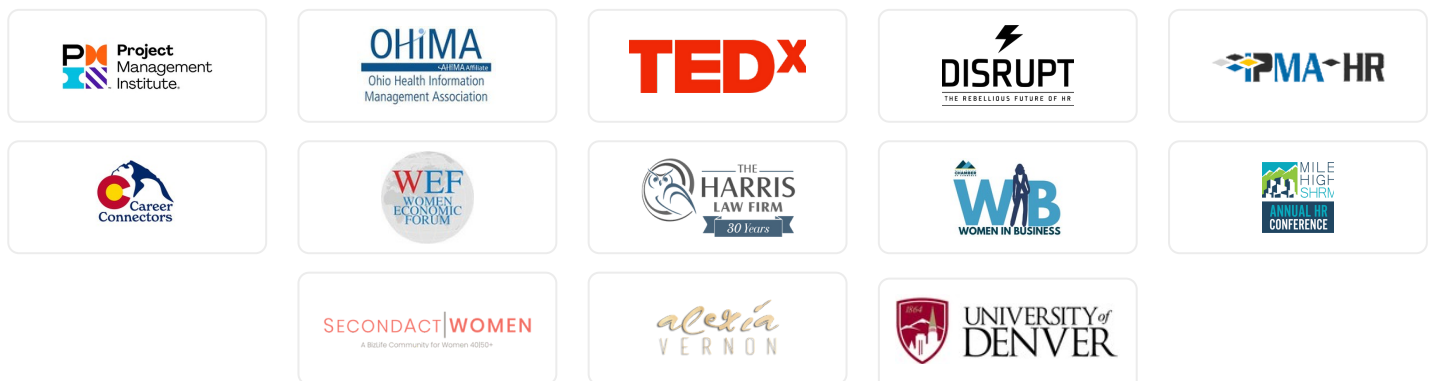
Attorney | TEDx Speaker | Leadership Consultant

Advocacy is a legal skill. Communication is a leadership skill.

Lora Cheadle, JD, CHt helps lawyers and firms prevent burnout, strengthen communication, and sustain high performance in demanding legal environments. She is the creator of Life Choreography® Burnout-Recovery and leads practical, neuroscience-based workshops that equip professionals to communicate clearly, manage stress effectively, and stay engaged without sacrificing career success. Lora is the author of It's Not Burnout; It's Betrayal – Five Tools to FUEL UP & Thrive, the award-winning FLAUNT! and hosts a top-rated podcast, FLAUNT! Create a Life You Love.

About Lora

Lora is licensed to practice law in California and Colorado and is a trauma-informed leadership consultant specializing in burnout prevention, communication, and sustainable performance in high-pressure environments. A clinical hypnotherapist with advanced training in stress regulation and behavior change, she combines neuroscience-based tools with real-world legal insight to help professionals perform at their best. Based in Colorado, Lora has spoken and trained for organizations and professional audiences internationally.



Signature Keynote

From Burned Out to Fueled Up: Five Tools to FUEL UP & Thrive

Burnout is widely recognized as a crisis in the legal profession. But while burnout is driven by chronic stress and workload, many attorneys are experiencing something deeper. Betrayal.



Betrayal occurs when there is a gap between expectations and reality — when the profession, the organization, or the role no longer matches what attorneys were led to believe it would be.

This expectation gap drives disillusionment, disengagement, and loss of trust. And when betrayal is mistaken for burnout, traditional solutions fail to address the root cause.

In this practical, neuroscience-informed presentation, attorney and leadership consultant Lora Cheadle introduces the FUEL UP Framework — a powerful approach to help legal professionals restore energy, rebuild trust, and sustain high performance without sacrificing wellbeing, engagement, or long-term retention.



Participants will learn how to:

- Distinguish between burnout (stress overload) and betrayal (the expectation gap)
- Identify the hidden drivers of disengagement, dissatisfaction, and turnover risk.
- Recognize how unmet expectations impact motivation, performance, trust, and retention
- Communicate needs clearly, set boundaries, and advocate effectively in high-pressure environments
- Rebuild self-trust and professional confidence after disappointment
- Reconnect with purpose, engagement, and long-term career sustainability

Book Lora Cheadle for your conference, leadership meeting, or organizational event: [Let's Start the Conversaion](#)

What others are saying



Lora is an exceptional speaker who brings clarity, insight, and practical tools to the issue of burnout. Her approach helped me recognize how unrealistic expectations and ingrained habits contribute to professional strain and disengagement. The perspective was both eye-opening and immediately applicable to my work and leadership

S.C. Partner, Taft Law



Lora's session was engaging, insightful, and immediately relevant to the realities of legal practice. Her perspective on burnout helped me recognize how unmet expectations and ingrained habits contribute to stress and disengagement. I left with practical strategies to strengthen resilience, communicate more effectively, and approach my work with greater clarity and intention.

**Participant, University of Denver
Sturm College of Law**



I have been a meeting planner for more than 16 years and I have to say Lora Cheadle is hands down one of the best emcees I have ever seen. She is vivacious, charismatic, smart and fun-loving. She comes well prepared, covers all the details and brings contagious joy to the room. Lora is quick on her feet and knows how to hold and manage the energy of the room. If you want an emcee to help orchestrate and elevate your event, Lora is the one to choose!

K. B. Basel Marketing & Events



Lora is a skilled speaker and facilitator who brings both depth and clarity to the issue of burnout. Her reframe of burnout as a response to unmet expectations—not just stress—offers a powerful and practical perspective. Her work on self-advocacy provides valuable tools that support both personal resilience and professional effectiveness.

A.B. Colorado Career Connectors

Get In Touch

To book Lora Cheadle as a speaker, trainer, or leadership coach for your firm, association, conference, or professional group.



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www.workplace-burnout.com

Workshops & Training

Designed for the Unique
Demands of Legal
Practice

My workshops help lawyers strengthen two critical leadership competencies: managing stress effectively and communicating clearly, collaboratively, and strategically in high-pressure environments.

In the fast-paced, high-stakes legal environment, burnout and betrayal are common issues that negatively impact retention, engagement, and well-being. Communicating from an adversarial stance—rather than developing skills that foster collaboration and understanding—can strain relationships, reduce effectiveness, and limit leadership influence. Through a combination of coaching, training, role-play, and facilitated small- and full-group conversations, our Half-Day, Full-Day, or 4-Week Combined Experiences equip participants with practical, neuroscience-based tools and habits they can apply immediately in even the busiest legal practices.



Retention & Engagement: It's Not Burnout—It's Betrayal

Participants learn to distinguish between burnout and a sense of betrayal and apply practical, neuroscience-based strategies to address the root causes of disengagement. Through interactive training, role play, and guided discussion, they develop the skills and habits needed to sustain energy, strengthen resilience, and remain engaged and effective for the long term.



Step into Your Moxie® Speak Up and Influence

Participants build the communication and leadership skills to speak up effectively, influence outcomes, and advocate for ideas and initiatives that matter. Through interactive training, role-play, and guided discussion, they develop the habits and strategies needed to communicate with clarity, confidence, and impact—and move others to action.

Custom Consulting & Training Available on Request



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