



Lora Cheadle

TEDx Speaker | Coach | Lawyer

**Burnout Prevention & Healthy
Communication**

Lawyers advocate, but how well do they communicate?

Lora Cheadle, JD, CHT helps lawyers and firms overcome burnout, spark engagement, and create a culture where healthy communication and well-being prevail. She is the creator of the *Life Choreography® Burnout-Recovery* method and leads *Step into Your Moxie® Speak Up & Influence* workshops that help participants communicate clearly, courteously, and effectively for themselves and others without sacrificing career success. She is the author of the award-winning book *FLAUNT! Drop Your Cover and Reveal Your Smart, Sexy and Spiritual Self, It's Not Burnout it's Betrayal - Five Tools to FUEL UP & Thrive*, and is host of the 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 coach specializing in burnout recovery and communication. She is a clinical hypnotherapist, somatic attachment therapist, advanced integrated energy practitioner, and is certified to teach yoga, mindfulness, group fitness, and personal train. She lives in Colorado, and has spoken and trained internationally. She loves travel, adventure, and sitting down with a cup of tea and a good book.

Lora Has Spoken For:



Workshops & Training

Tailored to the Unique Demands of Practicing Law

Our dynamic workshops and training programs have been designed to help lawyers master two critical competencies in today's workforce - Managing stress and communicating (instead of advocating) clearly, compassionately, and effectively for themselves and others.

In the fast-paced, high-stakes legal environment, burnout and betrayal are common issues that negatively impact retention, engagement, and well-being. Similarly, communicating from an adversarial stance instead of developing communication skills that foster collaboration and understanding hinder relationships, personal well-being, and one's ability to influence others. Through a combination of coaching, training, role play, and small and full group conversations, our Half-Day, Full-Day or 4-Week Combined Experiences equip participants with the mindset, skill set, and habits to manage burnout, strengthen communication confidence, and become more influential leaders.

It's Not Burnout, It's Betrayal - Retention & Engagement

Participants will learn to differentiate between and better manage both burnout and a sense of betrayal. Through a mix of coaching, training, role play, and small and full group conversation, participants will begin to develop the mindset, skill set, and habits to address, manage, and prevent career dissatisfaction so they can stay engaged and fulfilled by their career for the long-haul.

Step into Your Moxie[®] Speak Up and Influence

Participants will strengthen their inner and outer voices so that they can better speak up for themselves and the ideas and issues that matter most. Through a mix of coaching, training, role play, and small and full group conversation, participants will begin to develop the mindset, skill set, and habits to boost communication confidence so they can speak with more awareness and impact and move others to take action whenever they speak.

Custom Consulting & Training Available on Request

Let's Talk!

✉ lora@loracheadle.com

🌐 www.workplace-burnout.com

Signature Keynote

From Burned Out to Fueled Up - Five Tools to Spark Engagement & Wellbeing

According to the World Health Organization, burnout costs the U.S. over \$500 billion per year. But **what if it's not just burnout** that's leading to exhaustion and overwhelm? **What if it's a sense of betrayal stemming from unmet expectations instead?**

The shocking truth is, like burnout, a sense of betrayal can lead to disillusionment, resentment, and disconnection from self and others. Until the root cause of those symptoms is identified, and the correct solution applied, negativity and a lack of wellbeing will prevail.

In this empowering presentation, lawyer-turned-life and leadership coach, Lora Cheadle, shows audiences how to FUEL UP so they can rekindle enthusiasm, increase resilience, and stay engaged and innovative for the long haul. By the end of this presentation, audience members will know how to identify, manage, and prevent the root cause of burnout and betrayal.

This keynote helps attendees

- Identify the difference between burnout and betrayal, uncover the root cause of dissatisfaction, and create effective solutions that solve the correct problem,
- Explore the impact of unmet expectations on personal and professional satisfaction and learn to identify, communicate, and advocate effectively on behalf of those expectations.
- Reclaim self-trust and navigate disappointment with resilience, humor, and healthy boundaries.
- Rekindle a sense of meaning and purpose and start working with more enthusiasm, confidence, and joy.

Get In Touch

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



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What others are saying

Lora is a brilliant speaker. She is an open hearted truth-teller on a mission to transform burnout. Her message is honest and vulnerable. Lora offered me new ways to see how I've betrayed myself over the years, in small, not usually conscious, yet deeply impactful ways. This talk was was life changing.

Natalia Gabrea, CEO Gabrea Empowerment

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, Lori is the one to choose!

Kathy Basel, Basel Marketing & Events

Lora is a passionate and talented speaker and facilitator who will take you on an inspirational journey. She will be by your side as go deeper than anticipated, while getting right to the core of the matter. Lora's reframe of burnout as not being so much about stress, but about being a sense of betrayal from unmet expectations resonate deeply. The exploration of self-advocacy is useful both personally as well as professionally.

Ardith Bowman, author *Sixty & Me*

Lora Cheadle is a speaker whose storytelling, profound guidance, and practical to-dos support audiences to recognize, learn from, and begin to heal from their betrayals. Many light bulbs went off for my event attendees, and I recommend Lora unequivocally.

Alexia Vernon, president and author, *Step into Your Moxie*

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