

## **6 Keys to Peak Performance For Trial Lawyers**

**I have been a [trial lawyer](#) for over 40 years.** My entire career has involved nothing but litigation, first as a prosecutor for several years and then as a plaintiff's lawyer since 1966. I have tried over 180 jury trials to verdict. I learned how to try cases the hard way; through trial and error. I had very little mentoring or teaching about trial techniques. I learned them on my own and through the trial lawyer seminars. These days, there is much more information available to lawyers, yet we still learn the most from other trial lawyers who have been there before us. In that vein, I hope you can benefit from my experience.

### **6 Keys to Peak Performance**

1. Good energy
2. Mental alertness
3. Strong concentration abilities
4. A good memory
5. Knowing how to speak articulately
6. Top-notch listening skills

### **What Holds Us Back?**

These should be the goals of every lawyer. Why is it that we can't always be at our best? What holds us back? The literature is full of good articles and books on the negative effects of stress, yet so many of us seem to ignore the symptoms of overwork and overstress. Instead, we work even harder, get more tired, overstressed and irritable. We act as if the well-known effect of not taking care of ourselves doesn't apply to us because we have a law degree. We think we can get away with ignoring these symptoms.

### **The Simple Truth: We Don't Take Care of Ourselves**

The truth is if we don't take care of ourselves physically, our mental abilities suffer. The same is true of taking care of our emotional selves. Negative emotions can cause a drain in our energy. They make it difficult to concentrate and be at our best. My goal is to share what I have discovered as critical to performing at peak levels.