

LUNCH & LEARN · FOR LEGAL PROFESSIONALS

Survive to Thrive

Presented by
SAMMY CATONE

Attorney · Speaker · Coach

www.sammycatone.com

ABOUT THIS TALK

Burnout isn't a workload problem — it's a nervous system problem. In this talk, former litigation attorney and burnout recovery coach Sammy Catone reveals the neuroscience behind why high-achieving attorneys burn out and why standard advice fails.

Drawing on her three-pillar framework — **Rewire, Rebuild, and Reconnect** — Sammy guides attendees through understanding the subconscious beliefs driving burnout, rebuilding self-worth as a physiological foundation, and how reconnecting with meaning and purpose regulates the nervous system at the deepest level.

This talk will transform, not just inspire.

- ✓ Identify the subconscious beliefs and survival strategies driving your burnout
- ✓ Understand why you can't out-think or out-rest a dysregulated nervous system
- ✓ Distinguish self-worth from self-confidence and learn how to break the invisible ceiling on your health, finances, and fulfillment
- ✓ Leave with daily rituals to regulate your nervous system and reclaim your energy
- ✓ Upgrade your self-image to set and achieve bigger goals

Details:

Wednesday, April 15th
12:30 p.m. O'Brian Hall, Room 108

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