



Character Strengths, Resilience, Mental Health, & Sustainable Legal Practice

Law school asks students to perform at a high level under chronic pressure. This 60-90 minute interactive program gives students a practical, non-clinical framework they can use right away for mental health support, burnout prevention, resilience, and professional formation. It fits naturally within wellness, professionalism, academic success, and Character and Fitness conversations.

- ### What your law school receives
- A 60-90 minute presentation for students
 - Access to the VIA Character Strengths Assessment Free personalized in-depth reports for participants
 - Guided interpretation of signature strengths, lesser strengths, and stress patterns
 - Opportunity for students to compare their results with law student data already collected

- ### Students will leave able to
- Identify the strengths that come most naturally to them and the lower strengths that may surprise them
 - Apply character strengths to support studying, relationships, leadership, recovery, and sustainable performance
 - Build practical strategies for resilience during law school and into practice
 - Use a strengths-based language for self-awareness under pressure

- ### Why faculty & administrators say yes
- Supports self-awareness, judgment, professionalism, and sustainable practice
 - Gives students a non-standard resource that complements counseling, student affairs, and academic support
 - Aligns with Character and Fitness and professional identity formation
 - Works well for orientation, wellness programming, professionalism events, academic success, and student leadership groups

A note on humor

We also explore the importance of humor in two ways: first, as a healthy way to create perspective and reduce stress; second, as a serious feature of legal advocacy. Drawing on Supreme Court oral argument research, students consider how humor can signal power, hierarchy, pressure, and strategic communication in legal settings. The lesson is not "be funnier in court." The lesson is discernment, self-regulation, and judgment about when levity helps, when it hurts, and how to stay grounded under pressure.

About the Presenter

This is not a standard wellness presentation. Ruth Pearce helps law students identify and apply their character strengths in ways that support mental health, burnout prevention, resilience, and the kind of personal development that aligns with Character & Fitness and the values legal educators want to cultivate.



Local North Carolina offer
For local NC law schools please inquire about special/low cost pricing.

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Humor framing informed by Tonja Jacobi & Matthew Sag, Taking Laughter Seriously at the Supreme Court, 72 Vanderbilt Law Review 1423 (2019). Resilience & Character Strengths Training informed by VIA Institute on Character and Nervous System Economy.