



PROGRAM MATERIALS

Program #36202

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The Resilience Protocol: Mental Fitness For Lawyers

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The Resilience Protocol: Mental Fitness For Lawyers

Tools to navigate your internal operating state under pressure.

Recognize predictable patterns of self-sabotage and regulate performance in real time.

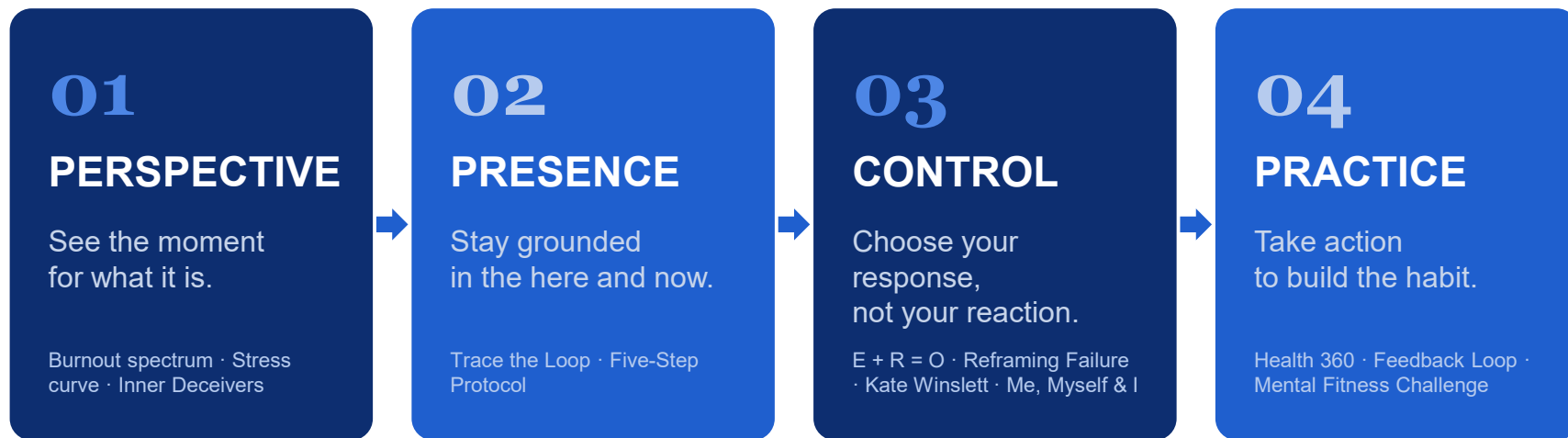
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Learning Objectives

- 01** 5 MIN Identify stressful internal states that shape judgment and conduct.
- 02** 15 MIN The burnout spectrum.
- 03** 10 MIN Recognize self-sabotaging patterns as predictable stress responses.
- 04** 15 MIN Apply real-time stress regulation to sustain clarity and ethical decisions under pressure.
- 05** 15 MIN Use mental fitness frameworks to support long-term well-being and performance.

One System, Four Stages

Every tool in this session lives at one stage of a single loop you run under pressure.



Attention Management

Information diet

Content



Podcasts



Books



YouTube



Relationships



Social Media

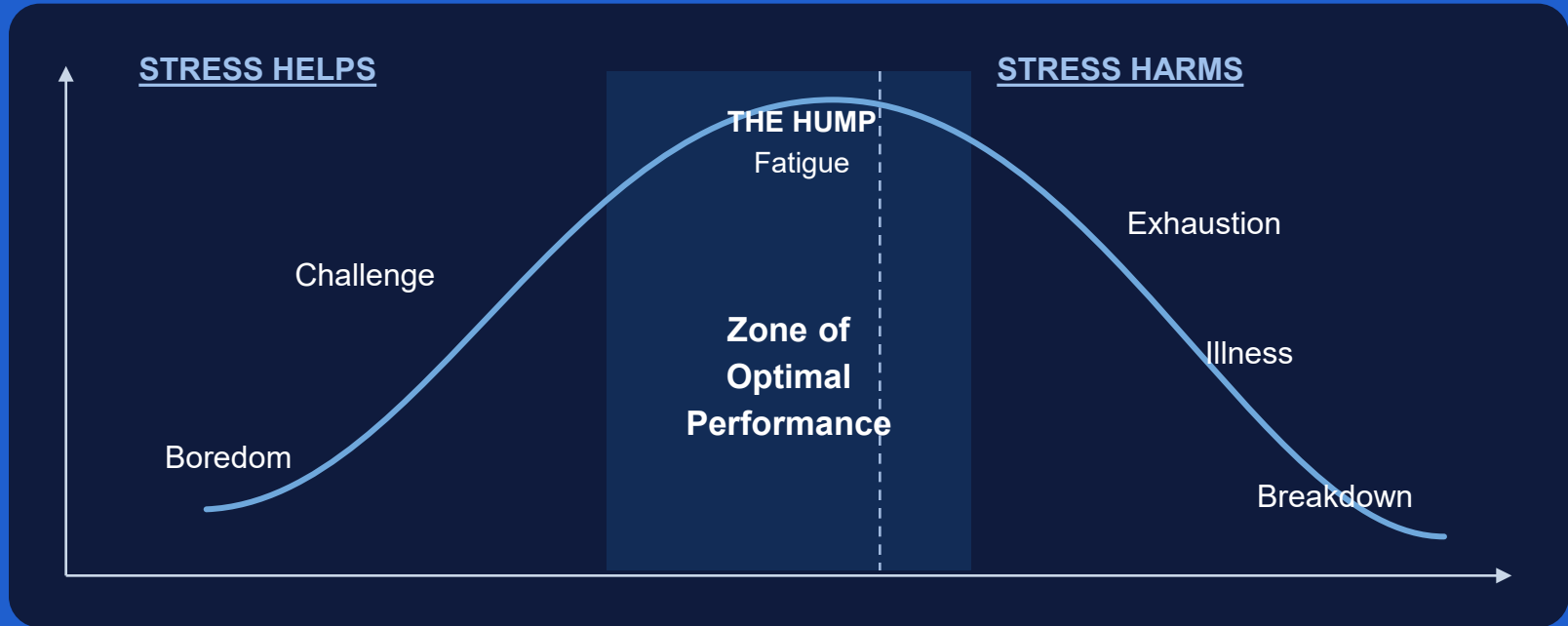


News Sources

How Stress Helps or Hurts



Performance peaks where pressure becomes purpose.



Stress Curve in a Lawyer's Week

Understand the role of stress in your legal career.

• TOO LITTLE

Boredom

Senior litigator between trials, stuck on routine doc review. Restless, disengaged, thinking: "Why am I even here."

Move: Reframe with $E + R = O$. Add a stretch — take first chair on a small motion or own one workstream end-to-end.

• JUST RIGHT

Optimal Zone

Associate prepping oral argument on a complex case. Nervous but ready. Challenge meets skill, pressure becomes focus.

Sustain: Run the Five-Step Protocol before pressure spikes. Protect the prep, sleep, and pacing that got you here.

• TOO MUCH

Breakdown

Partner running an 80-hour week working on a merger close while managing two unresponsive associates turning in low-quality work.

Move: Trace the loop (Presence), then subtract. Re-scope one matter, hand off one workstream, or use Health 360 to spot what's empty.

Inner Deceivers

Four internal voices that pose as truth.

The Internal Prosecutor

Cross-examines your actions.

"You should have caught that. The partner did."

Never-Enough Engine

Moves the goalposts the instant you reach them.

"You won the motion, but now you have to prep the rest of the case."

Misguided Protector

Avoids growth in the name of safety. Calls comfort "wisdom."

"Don't take first chair yet. Sit second one more time."

The Neglector

Ignores warning signs: fatigue, dread, dysregulation until they escalate.

"I'll sleep when we file. It'll pass when the case closes."

The Toolkit

Every tool maps to one stage of the loop — Presence, Control, Practice.

02 · PRESENCE

Five-Step Protocol

03 · CONTROL

E + R = O

Reframing Failure

**What Would Kate Winslett
Do?**

04 · PRACTICE

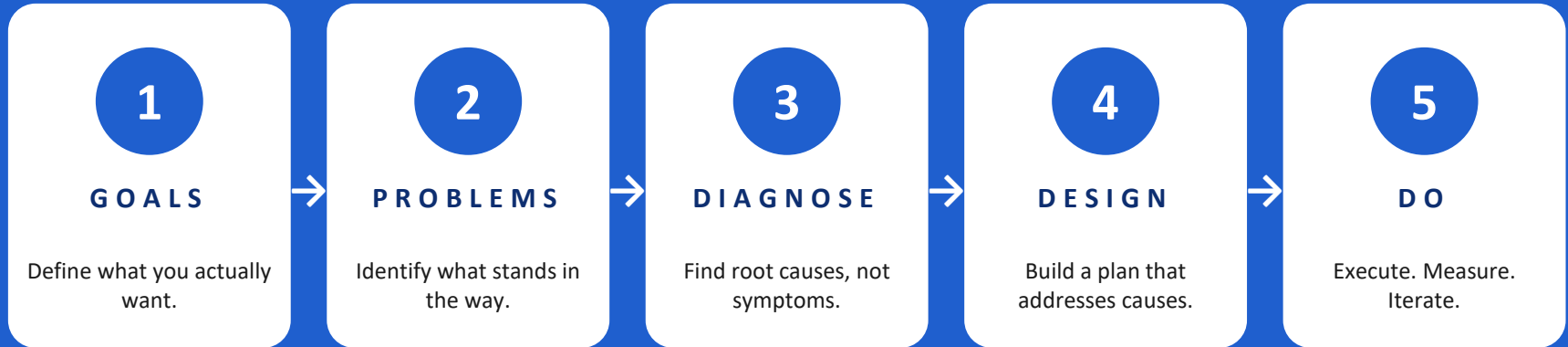
Health 360

5-Step Feedback Loop

The Eileen Gu Method

5-Step Feedback Loop

An iterative method for closing the gap between where you are and where you want to be.



THE FEEDBACK LOOP

Each cycle yields data. The data refines the goals. Progress compounds through iteration.

The Loop in Practice

	GOALS	PROBLEMS	DIAGNOSE	DESIGN	DO
EXAMPLE 1 The client billing audit	Restore client trust in our staffing and billing.	Associate billed \$250/hr in January, \$500/hr in July. Client asking why — and who else changed.	Not overbilling — automatic rate promotions stacked without client notice or value justification.	Pre-bill rate review. Notify client of any rate change. Match staffing to skill per task.	Issue revised invoice + memo. Track billing inquiries monthly. Adjust before next cycle.
EXAMPLE 2 An associate adrift	Get a third-year back to baseline.	Missed deadlines. Withdrawn in meetings. Redoing work twice.	Not ability — overload masking as underperformance.	Re-scope workload to two matters. Weekly 1:1.	Run 30 days. Measure deadlines hit, hours, self-reported confidence.
EXAMPLE 3 The matter you inherited	Get to a clear position on a matter you took over.	Predecessor left mid-case. Files disorganized. Client asks basics you can't answer.	Initially identified as a strategy gap becomes a knowledge-transfer gap.	Two-week deep dive. One-page matter summary. Weekly client check-ins.	Re-calibrate. Track evidence you understand clearly, identify blind spots. Refresh monthly.

The Formula



DEFAULT RESPONSE

Impulsive · Autopilot · Resistant

DISCIPLINED RESPONSE

Intentional · On Purpose · Skillful

Reframing Failure

"What is this situation training me for?"

Failure

→ Feedback

Setback

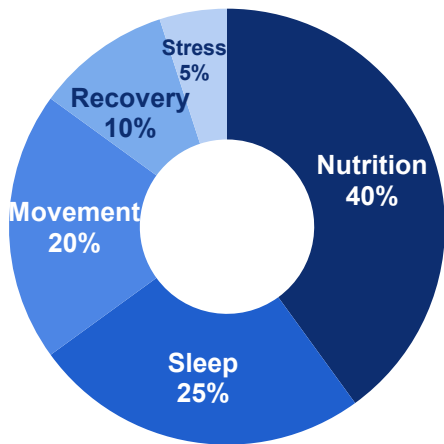
→ Setup

Pressure

→ Preparation

Health is a 360° Pie Chart

Weighted by season and priority.



40% Nutrition

25% Sleep

20% Movement

10% Recovery

5% Stress Management

What starts as a journey to a six-pack becomes about self-discovery.

What would Kate Winslett do?

Channeling raw emotion into productive energy.

How can I use this emotion or experience to work for me?

Channel raw emotions into productive energy.

You Can Control How You Think

Five moves from a gold-medal press conference.

01

Journal

Observe your thoughts and slow things down. Self-awareness starts on the page.

02

Break it down

Three questions:
What triggered this?
What belief is underneath?
What story am I telling?

03

Analytical lens

Reflection → awareness → adjustment. Study your thinking, then modify it.

04

Thought control

Dictate your thoughts through the inner-child lens. Become who age-eight-you admired.

05

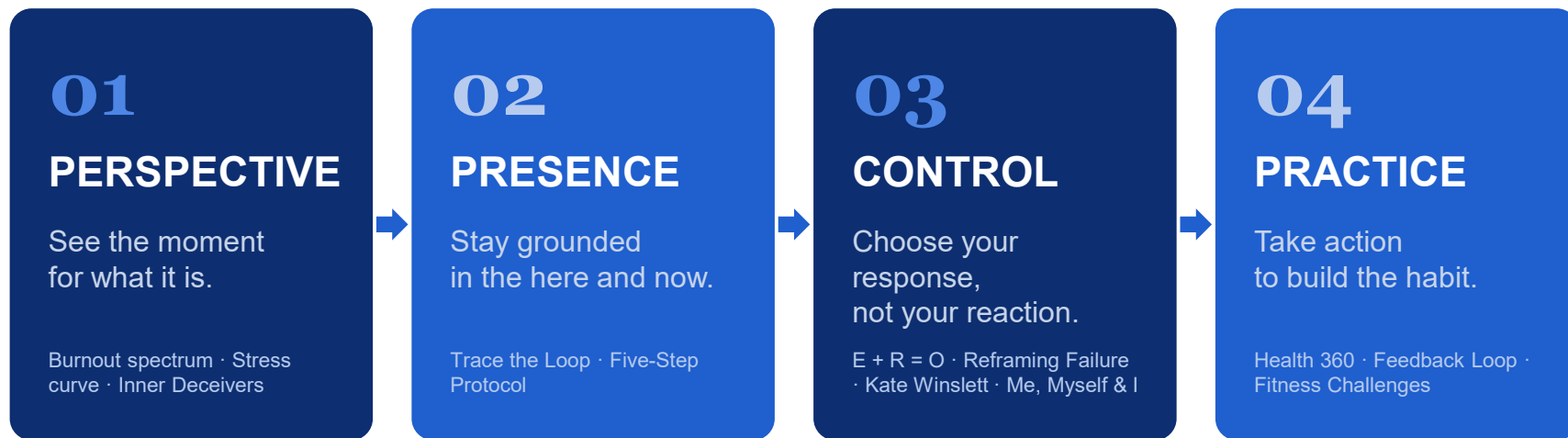
Tinker

One guiding question, asked without ego: "How can I be better?"

"You can control how you think and therefore control who you are." — Eileen Gu

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Mental Fitness Challenge



01

Model one recovery behavior publicly.

02

Normalize self-regulation language.



Your next step.

Bring mental fitness to your team.

Coaching, cohorts, and team workshops.

Scan to start a conversation about what your team needs or
to keep learning on your own.

Jonathan Z. Cohen · Inside the Inspired



Start here