

The Coach For Lawyers John Allison to be Featured on CUTV News Radio

SAN RAFAEL, CALIFORNIA, UNITED STATES, August 20, 2018

[/EINPresswire.com/](http://EINPresswire.com/) -- The law attracts a certain type of person-driven, ambitious, competitive—but several studies have shown that more than 25 percent of practicing lawyers are stressed out and disillusioned. They are unable to find much personal satisfaction from their work, to say nothing of achieving the elusive work-life balance. They are not happy. In fact, according to a Johns Hopkins University study of more than 100 occupations, researchers found lawyers suffer dramatically elevated levels of clinical depression compared with the general population.

John Allison was fortunate to be one of the exceptions. After a successful and rewarding professional career as a trial lawyer and litigation manager, both in private practice and in-house with a Fortune 100 company, Allison has resolved to share what he's learned as The Coach for Lawyers, so lawyers can experience the rewards and satisfaction the practice of law can offer.



"It's easy for lawyers to work themselves to the point where they get totally burned out," says Allison. "I had other interests outside of the law. If I was in trial, I would work long hours, but generally I would try to avoid working on weekends. I set boundaries around my professional time. I took vacations."

Allison's clients often seek guidance when navigating a transition. They might be unhappy in their current role and thinking about changing jobs or they might be wanting to shift from one practice area to another. Allison also helps lawyers deal with difficult people, whether they be colleagues, clients or adversaries. Allison coaches his clients through their process, giving them tools to deal more effectively with the situation they find themselves in.

"I especially enjoy seeing lawyers that I work with as a coach go from an unhappy place to a place where they are enthusiastic about what they're doing and optimistic about their future," says Allison.

Allison has also written three books about lawyers, the legal profession and the practice of law: *Choosing Your Lawyer: An Insider's Practical Guide to Making a Really Good Choice*;

Transforming the Practice of Law: Reclaiming the Soul of the Legal Profession; and his most recent book The Art of Practicing Law: A Practical Guide for Lawyers.

"To satisfy your clients you have to understand what the client's objectives are, how to develop a plan that is consistent with the client's objectives, not what you want to have happen," says Allison. "It's about letting them know that you have their best interests at heart, you're on their side, and you're not letting your financial goals or other agenda get in the way. You're really focusing on the client, I think that's the key."

A recent Pew Research Center study showed that 35 percent of the people in the United States believe that lawyers add little or nothing to the value of society. Allison is hoping to change that perception.

"I just really enjoy helping people be the best that they can be," says Allison. "I can help lawyers enjoy the type of success and rewards that I did. And I'm not just talking about money. I'm talking about personal satisfaction. Practicing law can be a profoundly rewarding experience."

CUTV News Radio will feature John Allison in an interview with Doug Llewelyn on August 22nd at 2pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on John Allison, visit www.coachlawyers.com.

John Allison's three books are available on [Amazon](#).

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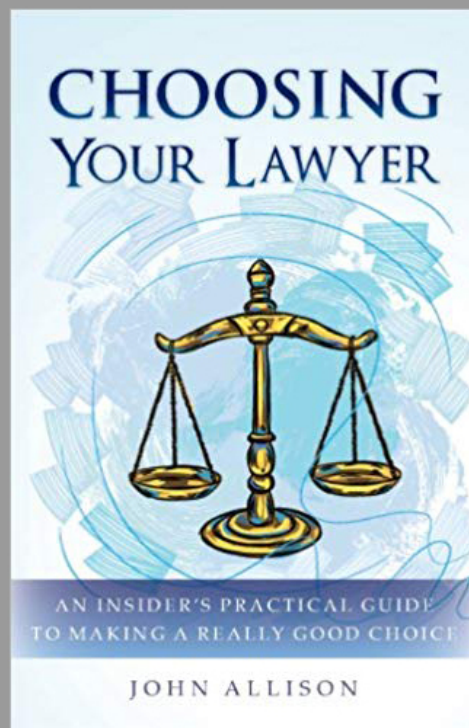
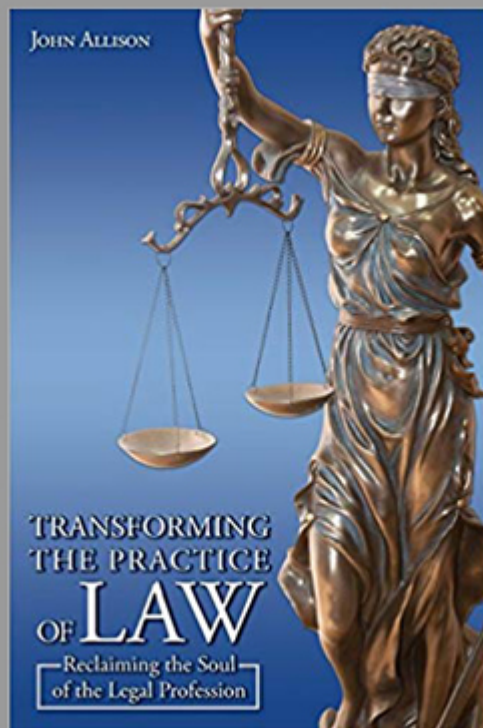
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*The Art of
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