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**JIM BLACKBURN**  
SEMINARS, LLC

“Jim Blackburn made a dynamic presentation to the Commissioners and hearing officers of the North Carolina Industrial Commission. His story, told sincerely and emotionally, warns of the pitfalls of taking yourself too seriously and falling victim to the pressures of the job. Jim established rapport with his audience. His story is from the heart. His message is 'on target' and provides a detailed survival plan for everyone in a high stress job. Jim Blackburn is a 'must see and hear' for the business and legal community.”

— *Buck Lattimore, Former Chairman,  
North Carolina Industrial Commission*

“The best kept secret in the North Carolina Bar is Jim Blackburn. His courses give more than 'credit', they give something real.”

— *Marshall Hurley, Attorney, Greensboro, NC*

“I attended your seminar in Charlotte about a month ago and found it to be far more than a CLE — it was a challenge to personal integrity, character and humility in the calling to be a lawyer.”

— *My best,  
David Gossett*

“His journey has taken him from the highest peaks to the deepest valleys. I believe that it is in his valleys that he has found the greatest service to his fellows, the men and women in the business community and those of us who practice law. It is here that he has the most important things to tell us. We can figure out how to buy and sell or how to try a case. But, he has another story to tell us and it is certainly this story which we need most to hear. I heartily recommend his message. It is clear and compelling.”

— *Wade Smith, Attorney, Raleigh NC*

“I was fortunate to hear Jim Blackburn speak at a Bank Directors meeting and I knew right away Jim would relate to our people. Jim's story conveys that no matter how low your life circumstances get, you never, never give up. He reinforces that wherever you are in your walk of life; your mountaintop successes or your deep valley lows, your faith, family, friends and your relationships with people are the most important aspects of life.

Boddie-Noell has a vision and values statement we strive to live by. At the heart of our vision and values is "Simply Doing What is Right". Jim did what was right in facing his problems and turning his life around.

What a GREAT story of having it all, losing it and starting over.”

— *Mike Boddie, President, Restaurant Operations,  
Boddie-Noell Enterprises, Inc.*

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“Jim Blackburn caused me to reexamine my legal career.”

## What I talk about are hope, passion, laughter, and accountability.

I learned these the hard way. When I was on top in the legal profession, I believed I would always be there, successful and profitable. It did not occur to me that I would fall completely to the bottom and lose all that I had worked for, and do it in front of everyone I ever knew. But I did.

Hope, passion, laughter and accountability – just words. But they represent your best chance to be successful and remembered well; and if you are starting over, your only chance for one more try. As Rudyard Kipling wrote, can you give “the unforgiving minute sixty seconds worth of distance run”?



*“In a criminal courtroom, three important chairs face the judge and witness stand ...one for the prosecutor, one for the defense attorney, and one for the defendant. I have sat in all three.”*

Blackburn’s law career ended dramatically in early 1993 when he resigned from his law firm due to several ethical violations. In April, 1993, he turned in his license to practice law to the North Carolina Bar which subsequently disbarred him from legal practice. He suffered from depression, pled guilty to legal violations, subsequently served time in prison and waited tables at the restaurant where he formerly entertained his clients.

Blackburn documented these experiences in his book *Flame Out*. He now travels throughout the country – sharing his story with others through motivational speaking engagements and teaching approved courses on Ethics and Professionalism, Mental Health and Trial Preparation.

*“Jim Blackburn was exceptional because he made me think not only about ethics, but about life. I continually quote him and tell parts of his story to people and purchased his book for my children.”*

*I spent time in a psychiatric wing of a major hospital and for years was treated weekly by a highly respected psychiatrist. I was diagnosed with a major depressive disorder, a personality disorder of being too nice and wanting to please, a break with reality and a walking around nervous breakdown.*

*But I never gave up. I never quit. I had the unconditional love of my family and many friends. And so, in time, a second chance at a productive life came my way... different, to be sure, but there it was for me. And so, I have learned, it can be the same for all of us.*

## A KEYNOTE SAMPLING...

**I was from Venus and my Lawyers were from Mars** – An ethics and professionalism program for lawyers and paralegals based on my experiences as a client.

**The Unforgiving Minute** – I have learned that your life can take a different turn, based on decisions you make in a single minute, and sometimes there is no going back. How do you make sure you make the best and right decision?

**Landmines on the way to the Top and how to avoid Them** – Why did I succeed, and why did I fail? And could any of that apply to you? How can you learn to be successful, and avoid the possible landmines that may be in your way?

**Living your life in Technicolor and not in Black and White** – When was the last time you were carefree and happy? It is never too late...to start over or to be happy.

**Ethics in Life, the Marketplace and Business** – How to do the right thing, and why that can make a person, employees and indeed businesses successful, honest and happy.

**Night Falls Fast** – As someone who became very ill, suffered major depression, was hospitalized for a short time, thought about suicide and ultimately rejected it, I can tell you my story, and what I remember from a dark time in my life. Eventually, I became well. I was able to start my life over. I did not do it alone. Let me tell you about it.