

**Jim Blackburn**  
**2720 Laurelcherry Street**  
**Raleigh, North Carolina 27612**  
**(919) 326-9070 – cell (919) 889-7316**  
**[jim@blackburnseminars.com](mailto:jim@blackburnseminars.com)**  
**[www.blackburnseminars.com](http://www.blackburnseminars.com)**

Growing up in Wake Forest and Winston-Salem, North Carolina, Jim graduated from Wake Forest University with a Bachelor of Arts degree with a major in Political Science and a Juris Doctor degree from the University of North Carolina law school at Chapel Hill.

Jim became an Assistant Attorney General with the North Carolina Justice Department upon graduation from law school serving as an advisor to multiple state agencies, the Director of the Consumer Protection Division and finally as a Special Deputy Attorney General in the office's Special Prosecutions Section, prosecuting various criminal cases across North Carolina.

In the fall of 1977, Jim joined the office of the United States Attorney for the Eastern District of North Carolina as the First Assistant United States Attorney and the chief of the Criminal Division. In 1979, he served as the lead prosecutor in the triple murder case of U.S. v. Jeffrey MacDonald, a case that is still going on in the federal courts to this day.

In the spring of 1980, Jim was appointed United States Attorney where I served until September, 1981, before leaving for a career in private practice, doing so in a small law firm, in a solo practice and ultimately in a large multi city law firm.

During the twenty plus years that Jim was a practicing attorney, he was fortunate to know great success and accomplishment, primarily as a trial attorney. Then, in the winter of 1993, it all stopped as his career crashed with bad decisions, misconduct, and a serious depression.

The subsequent surrender of Jim's law license, guilty pleas to state charges, and a three and one-half month stint in state prison were well publicized in the media. He was also then diagnosed with a major depression and placed under a psychiatrist's care for over three years.

It has now been many years since those initial events. It took time to rebuild Jim's life. Coming back was a long process that took him to a well-known restaurant in Raleigh where he hosted and waited tables for several years, the state Treasurer's office, and finally the writing of a book called Flame-Out which is Jim's story of that time.

Over several years, Jim started making speeches and talks to many groups and subsequently built a new career as a teacher in Continuing Education on Ethics, Professionalism and Mental Health, as well as a motivational speaker to many various groups outside the practice of law. He has traveled to many states, to business and law groups including law schools, law enforcement agencies, businesses and trade associations, talking about how to keep from making mistakes and how to come back if you do. It is possible to start over, but it takes time, persistence, faith and many friends. It takes learning to be resilient.

Finally, Jim talks candidly about depression in many of its forms...the harm that it can do, and the consequences for those who have it in its most serious forms. But, and this is important, many people can get better. Depression does not have to steal your life forever. Jim talks about how he did this, and what you can do.

Every person can start over today. Every person can beat the pressure of perfection. Every person can make the most of now.