



## **Day in the Life: Christopher King**

**Interviews and Profiles**



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Name: Chris King

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Title: Associate General Counsel

Company: Duke Energy

Location: Charlotte, North Carolina, USA

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## 5:59 am

Wake up to the baby fussing. It is a Monday so I try to get her back down and sleep a little later before I start the week. We are new parents, only about five months in with our first kid. We are still working on our morning routine, which is tough since her sleeping habits continue to evolve. We will figure it out!

## 6:45 am



Christopher King, wife, and baby smiling in family photo.

Get up, change the baby, and get her ready for breakfast. Check email on my phone before showering and getting ready while my wife feeds the baby and gets her ready for daycare. I then log on, check more emails, and make a plan for the day.

## 7:45 am

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Leave for daycare drop off.

## **8:17 am**

I get home and log on. Review emails and get a phone call from a client about a land rights issue in North Carolina. Continue reviewing emails following that call.

## **10:00 am**

Clients usually start off their Mondays slowly so no scheduled meetings until now (10). This is a status meeting on our solar projects in the Carolinas.

## **10:57 am**

My call ends early so I return a phone call to a new client in our Large Accounts group. We introduce ourselves and jump into a legal question involving construction delays.

## **11:05 am**

Most days I am on by 7:30 am so I tend to eat lunch early. Even on a day like today with a late start I stop for lunch around my usual time. My wife and I make and eat lunch while an episode of Caribbean Life plays in the background. Watching that show during lunch was something we started early in the pandemic when we found ourselves working from home and unable to travel. We eventually finished the series a couple of years ago and recently restarted it.

## **11:30 am**

Back at my desk continuing to go through emails and respond to clients.

## **12:00 pm**

I change and leave for the office. We operate on a hybrid schedule which is relatively flexible as long as people do not abuse it. Knowing I did not have any in-person morning meetings, I planned to only be in for a half day today.

## **12:37 pm**

I have arrived at the office and settled into my reserved space for the day.

## **1:00 pm**

Review a contract for our telecom subsidiary repapering agreements in the Midwest.

## **1:30 pm**

Status call with the land group in our telecom subsidiary. I share an update on the agreement I was reviewing, and they share updates on other existing projects.

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## **2:30 pm**

We wrap up the call and I go back to reviewing the agreement.

## **3:30 pm**

Discuss a quitclaim deed with a project team. In preparing for a project, we discovered a title issue on a parcel we own. To resolve the issue, we will be working with prior owners to execute and record a quitclaim deed.

## **4:00 pm**

Call with a project team acquiring land for a new substation to be built by one of our regulated utilities.





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OCTOBER 19-22, 2025 PHILADELPHIA

**POWERHOUSE CONVERSATION**

**Lindsay Czarniak**  
*Emmy-Winning Sportscaster.  
Master Storyteller.*

**&**

**Nicole Lynn**  
*Trailblazing NFL Agent.  
Attorney.  
Author of Agent You.*

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The graphic features two women, Lindsay Czarniak and Nicole Lynn, smiling and standing side-by-side. Lindsay is on the left, wearing a light blue blazer over a white top, and Nicole is on the right, wearing a black top. They are both holding a brown leather football. The background is dark blue with a geometric pattern. The text is in white and light blue, with a pink banner at the top right.

**5:06 pm**

Log off for the day. We are starting solids with the baby. Today is day two and she is having green beans again. After she eats it is bath time and then play time.

**6:40 pm**

Read a book to the baby. Tonight is Old McDonald. After that I change her for bed before my wife feeds her and puts her down. While she does that, I begin prepping dinner.

**7:17 pm**

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After she comes out, we cook together.

## **7:57 pm**

We eat. This is early compared to our pre-kid days but a little late by current standards. Tonight is pork loin with sautéed vegetables and paired (aka I liked the label) with a rose.

## **10:00 pm**

Get in bed. I was a night owl until after law school. While studying for the bar I set myself a bedtime and it stuck for the most part. It works particularly well now that we have a kid and I need to get sleep when I can.

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[Christopher King](#)



Associate General Counsel

Duke Energy

Chris King serves as Associate General Counsel at Duke Energy. His role includes performing legal work and effectively managing outside counsel to serve real estate legal needs across all business groups and all states of operation for the regulated utilities and our telecom affiliate, PeakNet. This includes the traditional generation, transmission, and distribution needs, along with renewable energy projects, battery storage, and data centers. Chris King received his Bachelor of Arts in History from Stetson University, his Juris Doctor from DePaul University College of Law, and his Master of International and European Business Law (LL.M.) from Universidad Pontificia Comillas de Madrid.