

Presented By:



Stress Out!

**INSTRUCTOR:
BETHANY S. ENSZ, M.S.**



**June 18, 2024
12:00 PM - 1:00 PM**

This presentation will focus on the well-being and/or stress management techniques for attorneys and legal professionals to manage the day to day pressure of working in the legal field.



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ABOUT THE TRAINER



Bethany S. Enszt, M.S., works as a Legal Research and Analysis instructor at UCSD Division of Extended Studies. Before teaching, Bethany worked as a corporate paralegal and office manager for Breakwater Law Group, LLP and was with Sheppard, Mullin, Richter & Hampton LLP prior to that. Bethany is a graduate from Indiana University with a Bachelor of Science in Criminal Justice and a minor in Psychology and earned a Master of Science in Legal Studies from the University of San Diego School of Law. She earned her paralegal certification from UCSD Division of Extended Studies, where she was inducted into the LEX Honor Society.

This webinar is approved for California Minimum Continuing Legal Education (MCLE) credit in the amount of 1.0 credit hour, including 1.0 credit hour of Wellness Competence Credit. This webinar is also approved for 1.0 hour of CCLS credit.