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LIVE WEBINAR

Refresh Yourself – *Why breaks are important for Legal Professionals*

A HEALTHIER YOU. A STRONGER TOMORROW.

Tuesday
January 26, 2027
12:00 p.m. - 1:00 p.m.

This Webinar is FREE for all Legal Professionals

ABOUT THE WEBINAR

This webinar explores the importance of stepping away from work and provides practical strategies for incorporating short movement, mental, and wellness breaks into the legal workday. Participants will learn how small, intentional pauses can help reduce stress, improve concentration, and support sustainable performance.



ABOUT THE SPEAKER

Bethany S. Ensz, M.S.

Bethany S. Ensz, M.S., is a Legal Research and Analysis instructor at UC San Diego Division of Extended Studies. She previously worked as a corporate paralegal and office manager and held positions at Sheppard Mullin and McKenna Long & Aldridge LLP (now Dentons). She holds a B.S. in Criminal Justice, an M.S. in Legal Studies from the University of San Diego School of Law, and a paralegal certificate from UC San Diego.

CONTINUING EDUCATION

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

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