A LIVE ONE-HOUR WORKSHOP FOR ATTORNEYS

Steady Under Pressure

A practical class that helps attorneys manage the stress of trial, filing, and closing periods. Led live on Zoom by a licensed therapist from Blossom Wellness Counseling, with every example drawn from legal practice.

What your attorneys will be able to do

- See how prolonged stress affects focus, judgment, and competence
- Calm the body in under three minutes before a hearing or hard call
- Test stress thoughts the way they would test an argument
- Protect their focus through long trial and filing periods
- Leave with a written plan and confidential resources

Why it works

- Every example comes from trials, filings, and client work
- Ties stress to attorney competence under California Rule 1.1(b)
- Hands-on: about half the hour is live practice
- Educational, not therapy; nothing personal is shared

How the hour runs

0–5 min	**Welcome**	Ground rules and a quick check-in
5–15 min	**Stress and attorney competence**	How ongoing stress affects focus, judgment, and errors
15–26 min	**Reset the body**	Three calming skills for hearings, depositions, and hard calls
26–37 min	**Untangle the thoughts**	Testing stress thoughts; what you can and cannot control
37–46 min	**Protect your focus**	Recovery habits and clear limits on availability
46–54 min	**Make your plan**	Each attorney writes a short plan for their next crunch
54–60 min	**Close and resources**	Questions and confidential support, including the Lawyer Assistance Program

The details

FORMAT	Live on Zoom, 60 minutes
LED BY	A licensed Blossom Wellness therapist
GROUP SIZE	Any size; cameras optional
MATERIALS	A fillable participant workbook, plus a follow-up email
PRIVACY	No client or personal information is shared, and nothing about individual attorneys is reported back.

What we need from you

- [ ] A date and time that works around your trial and filing calendar
- [ ] Your attorneys' practice areas and busiest periods, so we can tailor the examples
- [ ] The calendar invite or Zoom link sent to attendees
- [ ] The workbook forwarded to attendees before the session
- [ ] Whether you plan to record
- [ ] Your Employee Assistance Program details, if you have one

Pricing by group size

GROUP SIZE	PRICE PER SESSION
Up to 14 people	**$290**
15 to 29 people	**$450**
30 to 49 people	**$650**
50 to 99 people	**$850**
100 or more	**Custom quote**

Book a single session, one level a year, or a series. Series discount: 10% off each session for two sessions, 15% off each session for three.

Ready to book?

We will schedule around your trial and filing calendar.

323-879-7809

info@blossomwellnesscounseling.com

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Steady Under Pressure is an educational class, not therapy. Blossom Wellness Counseling is a virtual therapy practice serving California.