

CA Bar Exam?

*Un-stress for Success:
tools to manage exam anxiety*



A 3 hour workshop:

BarBri teaches what to study—
learn *HOW* to study more effectively &
increase your chances of exam success

**Offered by a lawyer to make
becoming a lawyer easier!**

Reducing stress levels leads to:

- clearer thinking
- better retention, and
- improved performance.

When: Sunday, June 7, 2009
1:00pm to 4:00pm

Where: Golden Gate Integral Counseling Center
507 Polk Street, Suite 450
San Francisco, CA 94102
Near SF Civic Center Bart

Cost: \$50 or \$45 if you register before May 10th
Discounts available for groups of 5 or more.

**Please call to register or for additional information:
510.586.8017**

www.DiscoverYourPassions.org

Facilitator

Jenn Edlin is a former lawyer who sat for and passed the California Bar Exam in 1998. She is also an MFT Intern and holds a Masters in Counseling Psychology from CIIS. She draws on a variety of evidence based treatments (interventions which have been proven effective through rigorous research methodologies) including cognitive behavioral techniques and mindfulness practices to help Bar Exam candidates decrease their anxiety, study more effectively, and improve their chances for success. Jenn sees both individuals and couples for psychotherapy in the East Bay near Ashby Bart and is supervised by Wendy Heffner MFC#27230.

