

BIO Text

JARRETT GREEN, M.A., Psychology, Esq.

Jarrett Green is a mindfulness, stress management and peak performance consultant to law firms, corporations, and law schools. After working as a commercial litigator for 12 years (first at Skadden Arps and then in opening his own boutique litigation firm), Jarrett left the practice of law so he could live his passion of helping lawyers, corporate employees, law students, and other high-stressed individuals experience less stress, greater happiness and emotional wellness, enhanced cognitive performance, improved communication and relationships, and increased overall success, in career and in life. He has a J.D. from UC Berkeley Law School, a Masters in Psychology from Pepperdine University, and Certifications in Executive Coaching, Mindfulness, and Stress Management. He works with clients such as Skadden Arps, Morrison & Foerster, Baker Hostetler, NBCUniversal, Tesla Motors, and Zenith Insurance Company. He is a Lecturer in Law at USC Law School, where he co-founded and co-teaches the *Mindfulness, Stress Management, and Peak Performance Program*.

REBECCA ANN SIMON, Esq.

Rebecca Ann Simon is a member of the California Bar. She served as an Associate Professor of Law at Southwestern Law School in Los Angeles for four years. She was also the national founding Executive Director of the Mindfulness In Law Society. Rebecca has worked with law faculty, lawyers, judges, and law students from all over the country interested in contemplative practices, wellness and performance enhancement. She is extremely passionate about teaching and speaking on mindfulness, stress management, and peak performance. She currently co-teaches a Self-Mastery elective course at UC Irvine Law School. She holds a B.A. from the University of California, Berkeley, a J.D. from Southwestern Law School, and a Certificate in Public Policy from the Pardee RAND Graduate School for Public Policy. Rebecca is the co-founder of one of the most cutting edge, science-based law school wellness programs in the country: USC Gould School of Law's *Mindfulness, Stress Management, & Peak Performance Program*. The program has been commended by the National Task Force on Lawyer Well-being. Participants in the program reported life-changing impact, sharing that the tools taught have enhanced their mental and emotional well being, improved their focus and concentration, increased their productivity and goal accomplishing, decreased their stress and anxiety, and enhanced their overall happiness and fulfillment.