



Jarrett Green
"Less Stress, More Greatness"

Recent Testimonials

"Jarrett, and the mental health and wellness session that he facilitated, was the highlight of our recent litigation department retreat. He catalyzed conversations and lead exercises that go to the heart of the challenges we face in the legal industry. As a result of his efforts, we are on a path to building a stronger organization dedicated to ensuring the wellbeing of everyone in our workplace."

-- [Bradley Wine, Partner, Global Co-Chair, Litigation Department, Morrison & Foerster](#)

"Having Jarrett present to the Tesla legal team was one of the best trainings we've ever done. Jarrett is a dynamic and highly engaging speaker that enlivens and inspires the room. Jarrett made a meaningful connection with everyone. We all walked out of the room with real tools that made us less stressed, more productive, more engaged, and happier members of the team. And it was fun."

-- [Todd Maron, General Counsel, Tesla Motors](#)

"Jarrett Green's training on 'Stress Management & Peak Performance Techniques for Better and Happier Lawyering' is a must-do for all practitioners! From the very first second the program began to the very end, Jarrett offered practical, insightful advice on navigating the stresses of practicing law. Jarrett is an engaging, motivating speaker who teaches from a place of understanding, having practiced in Big Law for several years. It's no wonder he received uniformly rave reviews from my colleagues who attended his workshop. I still have his '10 Techniques For Reducing Stress and Enhancing Cognitive Performance' posted on my wall as a daily reminder and inspiration. Jarrett's program is truly top-notch!"

-- [Amy Park, Partner, Skadden, Arps, Slate, Meagher & Flom LLP](#)

"Jarrett led a training on relieving stress and optimizing performance here at Skadden, and it was highly praised by our attorneys."

-- [Caryn Morton, Director of Attorney Recruiting & Development, Skadden, Arps, Slate, Meagher & Flom LLP](#)

"Jarrett conducted a fantastic session for a group of our lawyers and professional staff. It was highly engaging, meaningful and practical. I would recommend him for any group – large or small – that is looking for easy steps to take to immediately realize more joy, experience less stress, and be more effective in their jobs."

-- [Jennifer Dominitz, Sr. Vice President, NBCUniversal, Legal Department](#)

"I attended Jarrett's presentation at the Skadden Arps New Associate Retreat. He was impressive from the very first second and he radiates an aura of wisdom and kindness. His presentation was truly inspiring for me and my fellow colleagues. I recall his words and thoughts to this day. He sustainably helped me change my mindset in such a way that in difficult times and moments, I let his words go through my mind and instantly I gain strength and motivation."

-- [Emanuel Ionescu, Associate, Skadden, Arps, Slate, Meagher & Flom LLP](#)

“Jarrett led a lively and entertaining workshop at our global Litigation Department Retreat. He did a wonderful job of building a program with background science, experiential exercises, and insightful guidance on how to reduce stress and increase performance in the practice of law. He was agile and compassionate with audience participation. His important workshop was extremely well-received by our attorneys. I highly recommend Jarrett to other law firms.”

-- [Wendy Frado, Attorney Training Manager, Morrison & Foerster](#)

“Jarrett is one of the most engaging and effective speakers our firm has ever worked with. His humor, intelligence, passion and experience as a Big Law litigator resonated so well with our lawyers and clients during the Competence and Ethics continuing legal education programs he led at our firm. His interactive approach and practical advice equipped our participants with the tools necessary to be more efficient and productive attorneys and team members.”

-- [Gloria Lee, Partner & Head of Client Relations, Rutan & Tucker, LLP](#)

“Jarrett's presentation was interactive and informative. Given his background, Jarrett knows what it is like to work in the legal profession, and he has a gift for energizing the room and weaving in entertaining and personal stories that resonate with his audience. Jarrett provided tools and techniques that many of us, including myself, have put into practice and have found incredibly helpful.”

-- [Michelle Lilienfeld, Senior Attorney, National Health Law Program](#)

“I would highly recommend Jarrett’s workshop to any law firm or company looking to improve the potential and happiness of its lawyers or employees. His workshop provided insight into an aspect of legal practice that is not often discussed – mindfulness, happiness, and how those factors relate to our performance as lawyers. While many of us recognize that stress can lead to a decrease in the quality of our work, Jarrett provides the science behind these findings. Additionally, Jarrett’s prior experience as an associate at a big law firm allows him to consider the realities of the profession and the methods available for reasonably balancing mindfulness with the demands of our careers.”

-- [Jenna Scott, Associate, BakerHostetler](#)

“I am so grateful to Jarrett. He is deeply kind, compassionate and caring with so much knowledge, wisdom, and life experience, yet so humble and down-to-earth. He helped bring out of me the answers to many of my life-long questions. I am forever different. His intuition and integrity were critical tools that helped clear the cloud I have had over me much of my life. I am deeply thankful.”

-- [Mojgan Kavianinejad, Entrepreneur and Business Owner](#)

“Jarrett’s program was like breath of fresh air in the midst of our busy work schedule. It caused me to stop and observe things differently and obtain better clarity of how and why we behave in certain ways. The tools I learned are powerful and can unleash the best in you. This applied both at work and in my personal life, and led me to reevaluate my thinking on many views I have long held. Jarrett’s work improves lives and improves workplace morale. His program should be mandatory for all employees, especially managers, supervisors, and others who have direct reports. Many of the lessons learned would have immense impact on productivity if all managers undergo this program. The result will be happier and more productive employees.”

-- [Raj Mirji, Senior Financial Analyst, Zenith Insurance Company](#)

“This is the single best and most impactful class or program I have ever been a part of in my life (and I have been through quite a few). I cannot adequately express my gratitude for everything I have come to realize as a result of this class. Thank you! Thank you! Thank you! I am experiencing an increased sense of satisfaction and success in my work, and greater peace and fulfillment in my life. Thank you, Jarrett, for your powerful passion for helping others and for your gentle spirit. I cannot recommend this program highly enough!”

-- Adam Purden, Claims Supervisor, Zenith Insurance Company

“Jarrett is an amazing individual, with such a great personality, and widespread knowledge in so many aspects of life. It was a true pleasure and honor to be in his class. The class has greatly improved my ability to manage my stress on a daily basis and reinterpret challenging work situations. Shortly after his class, I was given a huge new work assignment that I didn't have time for, and I was immediately overwhelmed with stress. But I applied his techniques of how to shift my attitude and reactions to the challenge, and this totally changed the outcome! As a result, I was able to maintain my emotional balance and mental focus, and complete the new project with success and efficiency. The class also helped me become a better communicator and listener. Simply put, the class was an incredible experience.”

-- Irene Ervits, Associate Accountant, Zenith Insurance Company

“Since completing the program, I've been calmer and feel more emotionally balanced. I've been able to focus more at work, and find it easier to redirect my focus when I notice my mind wandering. I find myself accomplishing work tasks faster with a higher level of quality. I don't feel panicked or overwhelmed by the length of my to-do list, which is allowing me the space to do the work fast and well. My stress level had gotten to the point where I was having the pangs in my heart area. It's been three weeks since that happened last. I really want to say thank you. This program was so powerful and transformative for me both personally and professionally. Professionally, it's helping me manage my stress level and emotions more as I take on more responsibilities with my team. Personally, I find myself more in tune as a parent and more able to be patient and forgiving with myself, my son, and my husband. It's helped me take an honest look at the stressors in my life and decide which ones I can own, which ones I can hire out, and which ones I can ask for help. I highly recommend Jarrett for any company that wants to improve its overall employee culture and improve the productivity and efficiency of its employees.”

-- Stephanie Mills, Corporate Communications Specialist, Zenith Insurance Company

“This is truly the best class I have ever taken in a professional setting. Jarrett's program really impacted my career. From the techniques covered, I learned to focus better, avoid distractions, and use my time more wisely. I also learned how to more effectively manage my stress. I would highly recommend this program to any company. This is a life skills class that impacts both work and home. It presents solid, proven, easy techniques and practices that get rid of the mental clutter and allow you to bring more of yourself to each action and interaction. I want to express my appreciation for Jarrett Green's work and my gratitude to [my company] for having the vision and generosity to provide a class like this to its employees. This will have long-term payoffs for the company and for the individuals involved.”

-- James Mitchell, Senior Applications Developer, Zenith Insurance Company

“Jarrett’s program had a huge impact on me, as a person and leader. I learned critical tools for managing my emotions in intense situations, for experiencing even greater positivity and gratitude, and for more effectively leading my team. The tools he taught us help me intelligently process my business stressors so I can see things more clearly and make better business decisions, and so I can improve the energy, morale, and productivity of my team. I also learned great tools for enhancing my communication with my employees, such as validating and acknowledging their experiences, listening without agenda, and intentionally seeking to understand first and be understood second – even though I am the manager. These techniques have made me a better leader, have improved my relationships with my employees, and have led to an even more productive team.”

-- [Helina Teshome, Accounting Manager, Zenith Insurance Company](#)

“Jarrett’s work with our organization on our employee’s emotional wellbeing was a huge success. Our employees left his 6-part series on a variety of emotional wellbeing topics wanting more. It opened many of their eyes to new ways to manage stress and approach life and work from a positive perspective. We are looking forward to working with Jarrett over this next year and hopefully beyond.”

-- [Mary Hussey, Employee Learning & Development Manager, Zenith Insurance Company](#)

“In July of 2018, Rainier Title had the pleasure of working with Mindset Shifting Guru, Jarrett Green. He spent a few hours with our Executive Management Team focusing on the power/strength of radical accountability and responsibility. We spent a few hours in discussion and with exercises helping us to shift our mindsets with poignant pattern interruption and the true discovery that honesty and accountability create loyalty within organizations. We further learned how unconscious thinking can literally derail conscious thinking. By examining thought vs. belief vs. mindset vs. schema, we found out much about ourselves, our management styles and our areas for improvement. I would highly recommend Jarrett to any company looking to transform itself into a mindset of masterful thinking and communication”

-- [Bill Bergschneider, CEO, Rainier Title Company](#)