



GEORGIA ASSOCIATION OF
SUPERIOR COURT
JUDICIAL ASSISTANTS

To Whom It May Concern:

I am pleased to recommend the Stress Reset class offered by Savannah Breath Reset during our conference. The session provided a valuable opportunity for attendees to step away from the demands of a busy schedule and focus on relaxation, mindfulness, and personal well-being.

Chase Barber created a welcoming and comfortable environment and introduced practical techniques that could easily be incorporated into both professional and personal routines. The breathing exercises and strategies made the session accessible and beneficial regardless of participants' prior experience with stress relief techniques.

What made the class particularly valuable was its relevance to the workplace. Offices and courtrooms can be stimulating but also demanding, and the session offered practical tools for managing stress, improving focus, and maintaining a sense of balance. I found the experience refreshing and appreciated having dedicated time to pause, reset, and return to the conference with renewed energy and attention.

I would gladly recommend this class for future conferences and workplace wellness programs. It was a thoughtful and meaningful addition to the conference and provided participants with practical strategies they can continue using long after the event concluded.

Sincerely,

Callie Bennett

Callie Bennett
Vice President
Georgia Association of Superior Court Judicial Assistants