

5932 Timber Ridge Drive, Suite 101 • Prospect, KY 40059
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November 23, 2020

Dear Jerry,

Thank you for your webinar presentation "Managing Your Stress in These Difficult Times" on November 18, 2020 to the Kentucky Society of Association Executives (KSAE).

Your webinar was perfect for the current circumstances and helped show our members how to deal with the tremendous amount of stress we are all under this year. The information from your presentation will help make our members' lives happier and healthier.

We have received very positive feedback from attendees of the webinar such as, "I really liked meditating, and that helped me understand where my negative thoughts mentally and physically have a hold on me." Ninety-five percent of respondents answered that your session was "Excellent" as was your knowledge of stress management.

When asked what the single biggest takeaway from your presentation was, the overwhelming response was, "Make time to destress and take it seriously for your health!"

It was a pleasure working with you.

Have Safe and Happy Holidays,

Michelle Jacobi
Meeting Manager, KSAE



Downeast
Chapter

September 25, 2020

Dr. Jerry Teplitz
Jerry Teplitz Enterprises, Inc.
1304 Woodhurst Drive
Virginia Beach, VA 23454

Re: Managing Your Stress in the Difficult Times

Dear Jerry:

Thank you for presenting your webinar – *Managing Stress in the Difficult Times* – to the Downeast Chapter of the Association of Legal Administrators on September 23, 2020. Managing a law practice is challenging under normal circumstances, and it is even more difficult these days given the many issues presented by COVID-19. Therefore, your webinar was just right for our September meeting. Consistent with the theme of your presentation, the feedback from those who attended was overwhelmingly positive!

Many thanks for providing us with your valuable insight and tools for reducing stress and anxiety.

Sincerely,

A handwritten signature in blue ink that reads "John D. Sweeney". The signature is written in a cursive style.

John D. Sweeney
President, Downeast Chapter ALA



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Dear Jerry,

October 23, 2020

Our board was very hopeful when our Suncoast ALA chapter sponsored your on-line Virtual Speaking Presentation "*Managing Your Stress in These Difficult Times*". We hoped that your expertise and techniques in dealing with stress could help our members reduce stress levels in both their professional and personal lives.

Thankfully, you did not disappoint! I experienced everything you talked about! I especially liked using Chat to confirm our members also experienced the same changes.

I also enjoyed the second part of your session, when you taught us how to meditate and gave us all the actual experience.

Overall, your program was a complete success! This was confirmed by 81% of the attendees rating your session Excellent and almost everyone else rating it Good.

Learning tools to reduce stress in everyday life are invaluable (especially in 2020). I therefore highly recommend your program to any group eager to immediately provide their members or staff with tools that work.

Arleen Davidenko

Vice President

Suncoast A Chapter of the Association of Legal Administrators



Fall Conference Attendee Evaluation

Managing Your Stress in These Difficult Times

Presented by Jerry V. Teplitz, JD, PhD

Dr. Teplitz' Knowledge of Subject Matter:

Excellent &

Very Good

18 – 77%

Good

2 – 9%

Fair

2 – 9%

Poor

1 – 4%

Dr. Teplitz' Ability to Maintain Your Interest

Excellent &

Very Good

15 – 65%

Good

5 – 22%

Fair

2 – 9%

Poor

1 – 4%

Usefulness of the Content

Excellent &

Very Good

17 – 73%

Good

2 – 9%

Fair

3 – 13%

Poor

1 – 4%

Comments: "I love Jerry Teplitz!! I had heard one of his sessions some years ago and he's just as great now as he was then – when he left a lasting impression!"

"I can't wait to try it next time a negative thought pops up"

"Interesting session"



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Jerry Teplitz Enterprises, Inc.

1304 Woodhurst Drive

Virginia Beach, VA 23454

RE: Managing Stress in These Difficult Times

Dear Jerry,

Thank you for your brilliant webinar on a difficult subject. In this weird year of COVID related disruption, stress is at an all-time high. With all activities and training programs either postponed or cancelled it is great that your program was flawlessly delivered. The subject matter was well received and over 80% of the attendees rated it Excellent.

Even though we were forced to make this a virtual seminar, you did a great job of engaging the audience and working with volunteers. I was not sure how that would work as I have only seen you perform live and in person. You have made the transition extremely well which speaks to your experience in front of audiences of all types.

Thank you for your webinar and we hope to use you in the future.

Sincerely,



Russell Hamley
President

Managing Your Stress in These Difficult Times
Virtual Seminar Presentation for
Associated Builders and Contractors Great Houston
&
Association of Legal Administrators Downeast (Maine)

Number of Respondents

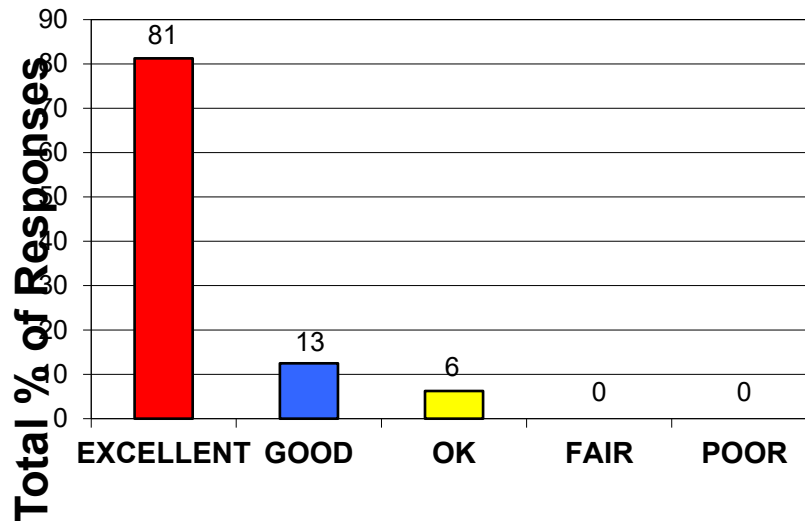
Excellent – 13

Good – 2

OK – 1

Fair -0

Poor - 0



Your connection
to knowledge, resources and networking



Joint Virtual Seminar included:
Oregon Chapter ALA
Puget Sound Chapter ALA

5727 Baker Way NW, #200
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August 7, 2020

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Dr. Jerry Teplitz
Jerry Teplitz Enterprises, Inc.
1304 Woodhurst Drive
Virginia Beach, VA 23454

Dear Dr. Teplitz:

Thank you for presenting your virtual seminar *Managing Your Stress in These Difficult Times* to the Puget Sound and Oregon chapters of the Association of Legal Administrators on July 30, 2020. As leaders in law firms who shoulder a great deal of responsibility daily and face stressful situations regularly, our members appreciated the opportunity to dedicate focus on themselves, understand the long-lasting impacts of stress on the mind and body, and learn ideas and simple exercises to restore and promote short and long-term balance to our mental and physical wellbeing.

As always, and especially during this pandemic time, we can all benefit from self-care. Your seminar showed us how each of us can do this in our professional and personal lives.

Sincerely,

Veronica Sutton, SHRM-SCP, SPHR, PHRca
VP, Education
Puget Sound Association of Legal Administrators

