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Jerry Teplitz  
Jerry Teplitz Enterprises  
1304 Woodhurst Drive  
Virginia Beach, VA 23454

December 29, 2020

Dear Dr. Teplitz,

I want to thank you for agreeing to speak to our members virtually for a webinar on Managing Your Stress in These Difficult Times.

As you know from having presented to other ALA Chapters, our members are under a great deal of stress having to run their offices virtually and facing other challenges brought on by the pandemic.

The reviews you shared with me showed that your program has been well-received by the Chapters you have spoken to. I appreciated the engagement and interactivity you shared with our attendees, demonstrating real tools that they could use to begin reducing their stress. That they could immediately take control of their stress levels was important. Since you made your program so participatory, each attendee had the opportunity to validate what you were saying every step of the way during the 90-minute session.

Because of the way you involve the attendees in your program, you could consider revising the expression "Seeing is Believing" to "Doing is Knowing."

Once again thank you for letting our members experience your expertise in Stress Management.

Sincerely,

*Patty*

Patricia P. Olejnik, CED  
Associate Director, Experience Planning & Design

*Your connection*  
to knowledge, resources and networking



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

5727 Baker Way NW, #200  
Gig Harbor, WA 98332  
[psala@aminc.org](mailto:psala@aminc.org)

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





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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



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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



**Downeast**  
Chapter

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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".

John D. Sweeney  
President, Downeast Chapter ALA



National Association of Insurance &  
Financial Advisors of Massachusetts

Advocate, Educate, Differentiate.

June 2020

To Whom It May Concern,

My name is Adam Marino and I am currently the Programs Chair for NAIFA Massachusetts.

Recently, I had the opportunity to see Dr. Jerry Teplitz and his presentation Managing Your Stress in These Difficult Times. Originally, we had planned to have Dr. Teplitz address our group in person, but due to the current pandemic, we had to shift and make this event virtual. As the one responsible for putting on these events this gave me cause for concern. After the fact I will say this concern was misplaced as the virtual seminar Dr. Teplitz gave is one of the best I have witnessed as a financial advisor. The presentation went off without any issue whatsoever, and the material was extremely impactful and kept everyone engaged the entire time. After talking with our attendees, I believe the most impressive part had to do with the introduction to meditation. This is an area many of us have heard about, but what I felt was different was Dr. Teplitz explained an easy and simple way to get started. He went over what our expectations should be and how long it may take to get results. And he also gave multiple examples and stories on how the practice has influenced his life over the years.

We had such positive feedback we will be bringing Dr. Teplitz back to address the group in person to continue and grow the lessons we all learned recently.

I think Dr. Teplitz would be an asset for any group of financial professionals as his experience and wisdom and ability to speak towards impactful areas makes him a unique resource for any group he addresses.

Respectfully,

A handwritten signature in blue ink, appearing to read "Adam Marino", with a long, sweeping horizontal line extending to the right.

Adam Marino, CFP®, CLTC



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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



May 4, 2020

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

Dear Dr. Teplitz

Thank you so much for providing this virtual presentation on Managing Your Stress in These Difficult Times!! Your presentation was a great success, and I know that everyone who attended your presentation came away with skills which they plan to put to use.

I've also attached the feedback from the participant's that they wrote in the Chat box at the end of your presentation.

Once again, thank you for assistance in these difficult times.

Sincerely,

Marie Ellis  
CLE Director  
Wyoming State Bar





**Hampton Roads**  
Chapter

## Thank you to Dr. Jerry Teplitz

On Wednesday, April 29, 2020, the Hampton Roads Chapter of the Association of Legal Administrators hosted an online meeting for its members and business partners. We invited Dr. Jerry Teplitz to share his presentation, *Managing Stress in These Difficult Times*.

Dr. Teplitz promised information that participants could use immediately to better manage stress and he delivered! We learned techniques to increase our energy levels when stressed out, as well as methods to help us relax. He also showed us a method to use to help keep our energy levels high all day. A very hands-on presentation with a lot of tools! I would not hesitate to recommend Dr. Teplitz as a speaker.

Very Truly Yours,

A handwritten signature in blue ink, appearing to read "Rob Sadler", is written over a light blue horizontal line.

Rob Sadler

President, HRALA

Dr Teplitz is now listed in the ALA Chapter Database - see below

View Video Testimonial from Rob Sadler ALA Hampton Roads - <https://jerryteplitzenterprises-testimonial-videos.s3.amazonaws.com/ALA+Hampton+Roads+Chapter+-+Rob+Sadler.mp4>

**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

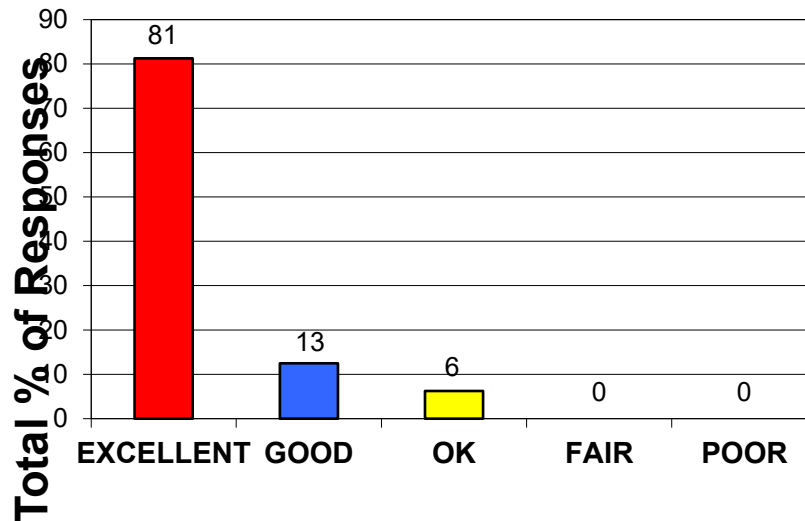
Excellent – 13

Good – 2

OK – 1

Fair -0

Poor - 0





## 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%

**Comment:** 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!

# Unaging Your Stress in These Difficult Times Virtual Seminar Presentation

## Feedback from Attendees

Carrie Chernov: Yes the meditation was helpful

PDeming : I appreciated the overview on meditation

Donna Baird : Yes, thank you!

Anna Basurto: Very helpful and informative. Time to load-up on Vitamin C!

empowel : Very Helpful.

Kelly : Can't wait to try these out in real time

Betty : Thank you this was very helpful

AHowie : Really appreciate this information.

tdhall : Very helpful and will try meditation

Jan Charles Gray : Yes, helpful.

Rikke Liska: That was fantastic.

Richard Reichstein: Hook ups and positive points very interesting and helpful.

Carol Serelson: Excellent presentation. Very helpful,

Michelle Burns: Very interesting topic. Thank you.

Victoria Pike : Thanks Dr. Teplitz

Ivan Williams : Yes, it was helpful

Nicole Kean : thank you. Helpful!

Laura : Was helpful, will review info online

Wade Burback : Thank you for the tips they are greatly appreciated.

Tammy Fields : thank you

Cliff : I believe this presentation provided some help.

Kailey Schwallie : very helpful! thank you!

Kayla Spencer: Great information, thanks! (I thought it was especially helpful for you to note where you were headed with things)- it made everything easier to follow in this format. Thanks! Carrie Chernov : Thank you very much!

Carrie Chernov : Thank you very much!

PDeming : I appreciated the overview on meditation

Donna Baird : Yes, thank you!

Ryan Thompson: Thank you and please take care. Meditation is the best!

Anna Basurto: Very helpful and informative

empowel : Very Helpful.

Kelly : Can't wait to try these out in real time

Betty : Thank you this was very helpful

AHowie : Really appreciate this information.

tdhall : Very helpful and will try meditation

Josh O'Gara : Excellent! Simple steps to implement. Thank you!

Paul Bober : I liked it, I will let you know more in 2-3 weeks

Adam Sachss : Thank you, Dr. Teplitz! Excellent.

Peter Sechoka : THANK YOU VERY MUCH. VERY GOOD JOB