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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



**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



**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", written in a cursive style.

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>