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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