May 4, 2020

Jerry Teplitz
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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

Wyoming State Bar Presents
Dr_ Jerry V_ Teplitz
Managing Your Stress in These Difficult Times

Chat Log Comments

Carrie Chernov: Yes the meditation was helpful

Ashley Lockman : yes

Jan Charles Gray : Yes, helpful.

Linda Shupe : Thank you Jerry

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!

Brian : Any new mediation techniques are appreciated. I will keep it in mind and work it into things. Don't thing I'm good at it but I'm trying. it's useful.

Catherine MacPherson: Thank you!

Anetra Parks: I appreciated learning something new. I will check out your website

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