



Pennsylvania Assisted Living Association

Dear Jerry:

Thank you so much for being a Keynote speaker at the Pennsylvania Assisted Living Association's (PALA) Virtual Fall Conference on Oct. 29, 2020.

The overall comments we received about the PALA Virtual Fall Conference, including your presentations, were overwhelmingly positive. Thankfully, we experienced only a few tech issues! I was amazed at the interaction you were able to achieve in your sessions via the chat – it was almost like being in person. I hope we don't have to go digital in 2021 but if we do, this conference gave us the confidence to do it again, if needed.

Some of our members expressed the following about your presentations:

Increasing Your Brain's Performance for Greater Leadership Success

- "Very informative in these stressful times."
- "Great techniques that I can implement while at work for quick stress relief and reminders with factual evidence of need for self-care."

Speeding to Effective Time Mastery: Working Smarter Not Harder

- "This was an interesting session on how to manage your time wisely especially in these challenging times."
- "Mr. Teplitz provided valuable tools for managing the drains on my time and energy. I'm already working on a plan to bring more control into my work life and to better manage all of the competing priorities."

Once again, thank you for helping to make our conference a success. I enjoyed working with you and would certainly recommend you to other associations that are in need of a dynamic speaker.

Sincerely,

Janet Neidig
Education and Communications Coordinator
PA Assisted Living Association (PALA)

Session 1 Keynote: Increasing Your Brain's Performance for Greater Leadership Success – Dr. Jerry V. Teplitz

COMMENTS FROM PARTICIPANTS

- Helpful information to use for myself.
- Rethought relaxation through meditation.
- Really great session!
- Very informative in these stressful times.
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- Encouraging with great tools to apply
- This presenter is amazing.
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- Very good speaker, great info
- Great techniques that I can implement while at work for quick stress relief and reminders with factual evidence of need for self-care
- I really enjoyed this! I took a lot away from this and anticipate using the information.
- I don't believe in that stuff. Just please don't meditate while driving.
- Never really learned about meditating before it was interesting to learn a bit how to de stress.
- Very good, would have been even better live.
- It was an interesting topic
- I loved all the interaction
- I will definitely use the strategies taught here.
- I loved this and can't wait to put it to use.
- I enjoyed the meditation instruction during this session and will utilize.
- Excellent class!
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- Jerry was great.
- I hope meditating becomes a habit! Thank you!
- It was very informative
- I'm a firm believer in meditation.
- great voice for zoom meeting

- Loved this session!
- This session was very helpful.
- Meditation is so beneficial, but so hard to make the time to do. I appreciated all the tips and reminders.

Session 4 Breakout: Speeding to Effective Time Mastery – Dr. Jerry V. Teplitz

- Helpful tool for time management
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- Prioritize
- Great ideas and tools for ways to manage time and reduce stress.
- I need an extra 6 hours in a day.
- Thought Jerry presented an interesting way to put together a "To Do List".
- He gave lots of great ideas to work smarter!
- I feel time management is not a topic I care about at this point. This just wasn't relevant to me.
- This was an interesting session on how to manage your time wisely especially in these challenging times.
- Such good advice!
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- Informative
- Boy do i need time management
- Mr. Teplitz provided valuable tools for managing the drains on my time and energy. I'm already working on a plan to bring more control into my work life and to better manage all of the competing priorities.
- Great speaker. Valuable information.