

Dr. Jerry Teplitz
Jerry Teplitz Enterprises, Inc
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Dear Jerry,

Thank you for presenting a webinar for the Michigan Dental Association titled: *Increasing Your Brain's Performance for Greater Leadership Success While Managing the Stress of Change*. I was pleasantly surprised how well the muscle movements and muscle checking exercises worked virtually. Amazingly, these simple actions did make a substantial impact on how I was physically and mentally feeling. It was also interesting to observe through the chat function how the attendees were experiencing the same fluctuations with positive and negative situational thinking.

The research you shared presented the audience with factual data, which speaks to dentists and dental professionals. It certainly gave the concepts of the course credibility. I especially enjoyed the case study about the company that saw significant improvement of its weakest employees by using these techniques so much so that they began producing at levels higher than the top performers.

Reviews for this one-hour webinar were exceptional. Several attendees noted that they appreciated the resource page you provided afterwards. It serves as a reminder to practice mindfulness and the links to Muscle Checking and Brain Gym gave participants easy access to the exercises.

I would gladly recommend you as a speaker for stress reduction training to any organization. Your unique approach was refreshing and different from anything I've experienced before.

Thank you,



Andrea Sundermann, CAE
Director of Continuing Education
Michigan Dental Association