

# Past Students' and Clients' Comments for:

## Effectively Managing Your Stress



*"Everything that was covered can help me in my job and on a personal level. Some techniques were familiar but a lot I didn't know, and I appreciated how current research bolstered Joan's points. I walked into the class feeling sorry for myself but am leaving feeling more empowered than ever that I regulate my own stress level. Joan is the only trainer that provides her students with complete manuals. I'm a very reference oriented person so this is worth its weight in gold."*

- M.D.W., Census Bureau, Van Nuys, CA

*"This class has changed my life starting today! Thanks to Jae Limited. I know now how to better manage my stress in a positive way."*

- P.B., US Treasury, San Francisco, CA

*"I can balance my stress and my job."*

- L.V., OSHA, San Francisco, CA

*"I've learned better techniques to deal and cope with stress and will brief my manager on what I have learned. I now understand why my body is reacting to my stress and how it has affected my life. Great Course!!"*

- V.N., TSA, Ontario, CA

*"There are so many tools to manage stress that are available without having to really try. It is just a matter of doing it and using them. Wonderful course."*

- J.B.D., DHS, Los Angeles, CA

*"I feel like I have more tools to use/apply to handle my stress. Thank you, Joan!"*

- L.H., Peace Corps, Los Angeles, CA

*"I will definitely go back to my office and go over this with my employees. I learned about how much stress I have and how to fix it. This was a great class. Joan was a great instructor and is very knowledgeable."*

- J.C.B., Army, Los Alamitos, CA

*"I really like the square breathing exercise. I commonly teach a software class in my office (that many people get stressed out); I can now use this with my class."*

- A.P., HHS, Irvine, CA

*"Excellent, energetic presentation. Great examples."*

- A.D., IRS, Washington, DC

*"I would like my entire branch to take this training. I have genuine insight and tools to manage my stress."*

- C.G., DHS, Washington, DC

*"Joan has a passion for her work and life. She has many years of experience and knowledge."*

- D.K., IRS, Washington, DC

*"Got some awesome tools to mitigate stress."*

- S.F., VA, Los Angeles, CA

*"Made the point about impact of stress clearly and gave some good tools to try."*

- C.G., VA, Washington, DC

*"I enjoyed the class. Thanks for all of the useful information. I am going to share the information with my co-workers, friends, and family. Thanks again for the wonderful class."*

- J.R., DHS, Washington, DC

*"Many examples of things that I can use on the job to organize and help remove stress. I look forward to attending more classes given by Ms. Wisnosky."*

- M.A., DHS, Long Beach, CA

*"I'm going to use what I've learned to change things I didn't think I controlled."*

- D.F., DHS, Long Beach, CA

*"The course will help me to be more organized and effective in my job. All the stress management tips are great and I'm going to try them all."*

- M.G.K., US Forestry Services, Thousand Oaks, CA

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***“Joan was really great. This should be mandatory for every Federal employee.”***

***- S.R., IRS, Washington, DC***

***“Instructor seems to be well-read, a researcher. Provided life examples and references to helpful material. Made it clear in her instructions – the ‘take aways.’ She offered a lot of information for total body – physical and mental health improvement. The variety and pace were good. She was high energy. Enjoyed the variety of visual aids – tapes, power point, flip chart, handouts, manual.”***

***- S.B., OPM, Washington, DC***

***“Thanks, Joan. I appreciate your energy and your information!”***

***- K.M., DHS, Washington, DC***

***“I have been to several classes taught by Joan. And I am always pleased with the content/material. She is a great instructor, and I always learn so much from her. Thank you.”***

***- J.M., IRS, Washington, DC***

***“Will really help me as I get back to the real world. Teaches me what I can do to help once I leave here – the exercises really hit home. Instructor’s motivation was really great.”***

***- Unsigned, IRS, Washington, DC***

***“The video on back pain contributed most to course effectiveness.”***

***- Unsigned, IRS, Washington, DC***

***“I would like my entire Branch to take this training. Instructor is a superb communicator and motivator.***

***Thoroughly enjoyed the training and feel that I have gained insight and tools to manage my stress. Thank you!!”***

***- C.G., IRS, Washington, DC***



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