

SHRM23 Annual Conference & Exposition

Julie D. Burch

I Am Sooooo Stressed Out!! This Isn't Your Mama's Stress Management!

In-Person Headcount: 402

Survey Responses: 62

FORMAT	"YES" to SELLING FROM PODIUM <small>(above 10% is high)</small>	USEFULNESS OF PROGRAM <small>(100 is highest)</small>	SATISFACTION WITH SPEAKER <small>(100 is highest)</small>	SATISFACTION WITH SESSION <small>(100 is highest)</small>
Hybrid	0%	97%	98%	98%

Attendee Comments:

Amazing, funny speaker with down to earth truths. Julie is gold.
Julie was very inspirational. She took the stress out of the day by giving useful tips in a humorous way; making our disappear for the time she spoke. I would highly recommend her session to everyone as not a single person is stress free.
I LOVED her!!!!
Excellent!
excellent!!!!!!!!!!!!
Great presentation!
Very engaging. Enjoyed speaker's enthusiasm. Very useful advice for managing stress. Thank you!
The topic was spot on. The speaker was extremely funny, but impactful. Her message was clear. Much needed.
Probably the best speaker so far. I went to see what I could learn to share with employees and came away with a whole new attitude...I'm going to buy clown noses for all co workers in Employee Relations
Good information. However, there were too many jokes. Appeared as a stand up comedy show.
Wonderful perspective for making stress manageable. Plus, made me laugh which was wonderful too!!
Julie was awesome and I would go to one of her presentations again. She is an awesome presenter and funny.
Wow, what a fantastic session!! Julie is amazing!! She's so funny, and real, and her message was so timely. I hope she
Excellent presenter!!
Very inspiring lots of good information here
Awesome! I was on my way to a different session and Julie's engagement with the passing crowd made me turn around and I'm so glad I did. She was thoroughly entertaining, but still gave meaningful and thoughtful content. Thank you!
Great! Fun presentation with such good energy and content - thank you!
Loved her!!!
Thank you for the reminder that my response makes the difference!
Engaging and funny speaker