SHRM25 Attendees' Feedback

"**Conquer Burnout, Ignite Leadership with Neuroscience**" by Terry Wu, Ph.D.

Attendees: 2,179; SHRM25 Annual Conference, June 30, 2025, San Diego, CA

Overall, how would you rate the session?

Rating	Response %
Excellent	66%
Very Good	25%
Good	9%
Fair	0%
Poor	0%

Please rate the usefulness of the content.

Rating	Response %
Excellent	75%
Very Good	16%
Good	9%
Fair	0%
Poor	0%

Please rate the speaker's presentation skill.

Rating	Response %
Excellent	65%
Very Good	22%
Good	9%
Fair	4%
Poor	0%

31 Additional Comments

1. Loved this session. It's my favorite so far.
2. Best session of the conference. He had a perfect pace, great info, & kept the entire room engaged the whole time (seriously like almost no one left the room). He was amazing.
3. I enjoyed this session so much. Terry was wildly brilliant and balanced the presentation perfectly with humor.
4. Best presentation I've been to in a long time. Very well done!
5. A little tough to hear, but Terry is awesome
6. I had a little trouble hearing him
7. Amazing presentation and great concepts.
8. Very good content that confirms and explains things that we as leaders and employees are experiencing
9. Excellent way to frame up the need for safety signals and how to find them or give them in your work life
10. This was a moving session that was very timely! The audio in the room wasn't great, but that wasn't on Terry.
11. Presentation was reallygood, but encounted A/V issues. might be on my end. I am working on it... It's just that it was intermittent, and I saw others responding in the chat with similar issues
12. Great! Easy to understand the science behind it. Gave good tools to understanding stress as related to burnout. Good tools to manage stress in everyday life and at work.
13. The electronic speakers created an echo and made it very hard to hear the (human) speaker. Combined with his accent I only got about 75% of what was said.
14. Best session I went to!

15. Excellent presentation and information. Great combination of scientific information and humor. Definitely doing this homework assignment.
16. Audio wasn't great in the room.
17. This was great - thank you!
18. Wonderful session with practical tips I can use both in my personal and professional life. I really liked the handout as well.
19. Difficult to hear, did not move or change his voice or tone.
20. The information provided in this session was succinct and extremely helpful.
21. Both relevant and had great takeaways!
22. So many helpful take aways! Thank you
23. The slides were good- Very scientific not very right brained) but the content: Relevant. Educational. Practical. Value adding. I would go to another presentation by Terry Wu.
24. Very insightful. I look forward to seeing him at future conferences!
25. The audio in the room was a bit off, but that was not Mr. Wu's fault. The content and presentation were excellent. Slides were impactful.
26. I thought the insights from this session were incredibly valuable and applicable to not only an individual, but both inside and outside of the workplace. Better understanding how and why we feel overwhelmed, helps us more appropriately handle our lead up to the point of burnout and our responses to it. The content of this lecture was very valuable and Dr. Wu is a great presenter. He was obviously knowledgeable, but also funny, and effectively able to clarify biology and neuroscience in a way the entire audience could understand.
27. One of the best sessions from the conference

28. This was the best session I took at the conference. Sessions like these really provide context and insight into how to manage, understand and change where needed. Amazing session!!

29. Dr Wu was awesome! He was engaging and gave real examples of how to engage and avoid burnout. Great take away!

30. Absolutely wonderful presentation and so relevant to a changing workforce.

31. Wow - awesome lecture! He explained stress in a simple way. Then, even more importantly, he outlined how to reduce stress and included examples. Loved how clear and concise he was; I can use this information/put it into action immediately.