



Student Support Services "Together We Learn"

To Whom It May Concern:

October 15, 2011

It is a pleasure to provide this letter of recommendation for Liz Sage. Ms. Sage was a keynote speaker at a Professional Development Day organized for the Student Support Staff of the Central Okanagan School District No. 23, during the spring of 2010. This staff is made up of educational professionals that support students with exceptional learning, physical, social and emotional needs within the general education setting. On a daily basis, this staff of special educators, deal with highly stressful situations as they attempt to support students with exceptionalities, parents and teachers.

Ms. Sage delivered an outstanding presentation concerning health and wellness issues. She demonstrated a solid understanding and breadth of current nutrition and fitness research. Ms. Sage was able to clearly and effectively articulate this information and present it in practical ways. She inspired the staff to consider making positive health changes and take action to improve their overall wellbeing.

Ms. Sage was able to command the attention of the staff with her confidence, knowledge, wit and sense of humor. She truly is an expert and leader in the field of health and wellness. I would highly recommend Liz Sage as a Keynote Speaker. She is a gifted, talented and effective communicator who inspires and lives what she shares.

Sincerely,

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