



September 26th, 2011

To Whom It May Concern:

RE: Referral for Liz Sage

It is my pleasure to write a professional recommendation for Liz Sage.

I hired Liz as a wellness coach for my corporate team. Liz prepared a dynamic, client centered workshop to assist my team to raise their awareness, knowledge and motivation to healthy lifestyle changes. Her communication skills, strategies and enthusiasm enabled my team to begin to move toward changes that were not only a benefit to each individual team member but also our company.

The team responded so well to Liz's solutions for unhealthy living practices that I had Liz follow-up with team members individually to focus on specific challenges. Liz created an effective assessment questionnaire to draw out individual challenges. With Liz's guidance, members collaboratively explored change options, formed solutions, set goals and outlined an action plan that resulted in positive outcomes for each member.

Liz was prepared, task focused and resourceful while being sensitive and empathetic to our team's concerns. Liz's counselling skills were integral to my team's success. Liz is well organized and showed strong insight with my team's challenges. With her recent academic achievement, I am certain her skill set is sharper than ever, and I feel Liz is an excellent candidate for any counselling practicum that she pursues.

Sincerely,

URBAN SYSTEMS LTD.

Ken Gauthier, P.Eng
Vice President