

Ministry of
Economic Development, Trade
and Employment

Ministère du
Développement économique, du
Commerce et de l'Emploi



Ministry of
Research and Innovation

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Hello Linda

I wanted to let you know how very beneficial your "Stress less" Keynote and interactive stress management workshop was, not only for myself but for many of my co-workers who attended at "Reach 2012". We found the presentation most engaging, and I must say very educational.

Linda I had no idea that my sore back was part of my own personal Stress Profile, nor did I know what a Stress Profile was until you explained it. Your personal story of self-healing was most inspiring! Thank you for sharing your daily recipes for wellness. I use the self-reflexology moves daily to help release my back and neck tension. Please let me know when your IBook is finished, I am sure it will be a first of its kind.

Thanks again, I wish you continued success.

A handwritten signature in black ink, appearing to read "Sharon Fleary".

Sharon Fleary
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