



January 29, 2008

Paul Talbot
Speaker/Trainer, Simplicity Coach

Dear Paul,

A handwritten signature in cursive script that reads "Paul,".

Just a quick note to say a heart-felt "thank-you" for the two highly entertaining and engaging Lunch and Learn's you presented for the staff at BC Place, The Art of Un-cluttering in September 2007 and a back-by-popular-demand session on "Holiday Sanity" in December 2007.

Both your presentations were filled with practical ideas and tips in dealing with physically and mentally clutters and time-management issues, at work and at home. Many staff walked away feeling empowered to make the required changes to allow more room and time for things really matter to them. Your handouts and booklets were also very helpful as follow-up and encouragement for people to stay on track.

I highly recommend your sessions as refreshing topics in promoting personal and professional wellness in any workplace. We look forward to learning from you again!

Yours truly,

A handwritten signature in cursive script that reads "Jackie Ing".

Jackie Ing
Human Resources and Labour Relations Advisor